The Uncommon Cook Book III

Art Gallery of Windsor

Illustrated on cover:

Still Life with Apples and Grapes
oil on canvas 38½ x 30½ inches
by Antoine-Sebastien Plamondon (1804-1895)
Gift of Dr. and Mrs. Norman A. McCormick, 1966

This dramatic still life subject is unique in the repertoire of the artist. Obviously fascinated by the form of the classical urn and the light quality surrounding the objects, Plamondon painted a number of replicas, one of which was presented to The National Gallery of Canada as the artist's diploma work in 1880. Windsor's painting, reflecting the artist's early training in France under Jacques-Louis David, remains among the most popular works in the collection.

The Uncommon Cook Book III

A Project of the Volunteer Committee
Art Gallery of Windsor
3100 Howard Avenue
Windsor, Ontario
Canada, N8X 3Y8

AGW

ART GALLERY OF WINDSOR

"The art work selected for illustration in this latest and third edition of the AGW Volunteer Cookbook project has been carefully selected by the Volunteer Committee in consultation with the Curatorial staff to celebrate several important works of art from our permanent art collection. This project joins many of our exciting 50th anniversary events.

For each of the works selected to accompany this project every effort has been made to secure copyright permission directly from the artist or from the estate copyright holder."

The Volunteer Committee
Art Gallery of Windsor
Windsor, Ontario
Canada N8X 3Y8

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FOREWORD

It is with great pleasure that I have the honour to introduce the Uncommon Cookbook III, produced by the Art Gallery of Windsor's Volunteer Committee, in this, the fiftieth anniversary year of the AGW. Fine food and fine art have many things in common and that is clearly represented in this tasty body of work. As you cook your way through this publication, you will find new and exciting recipes, each painstakingly tested and tasted by the Cookbook Committee. The Uncommon Cookbook III provides a unique anthology of gastronomic treats with a special emphasis on healthy and nutritious cuisine.

The Volunteers of the Art Gallery of Windsor have provided endless service to the AGW for which the organization is extremely grateful. This project is an example of the fine connoisseurship they have always brought to their many projects and undertakings. This compilation of fine recipes has taken over two years to produce and has required the expertise of many volunteers devoted to the Cookbook Committee. The co-editors of the Uncommon Cookbook, Shirley Furlong and Pat Benson, co-ordinated the efforts of the Cookbook Committee and provided leadership in ensuring the excellent quality of this project. My special thanks to all who contributed to this worthwhile endeavor.

The Art Gallery of Windsor (AGW) has had the pleasure of attracting significant works of art to its Permanent Collection over the past fifty years. A small sampling of the Collection is represented in this book and was patiently photographed by Barrie Jones, to whom we express our gratitude. Thanks also to Catherine Mastin, AGW's Curator of Historical Art, for providing her expertise, keen eye and knowledge of the Permanent Collection to this tasty cause.

And now to the Kitchen, for a culinary and visual feast we are sure you will enjoy!

Nataley Nagy
Director

INTRODUCTION

The Volunteer Committee of the AGW is happy to present a third edition of "The Uncommon Cookbook". This brand new book concurs with the celebration of the Fiftieth Anniversary of the Art Gallery of Windsor. Our first two books appeared in 1980 and 1986 respectively and have been reprinted several times.

The dedicated Cookbook Committee deserves accolades for it's hard work. Members co-ordinating the categories are: Elaine Feore - Appetizers; Jean Roemmele - Eggs, Cheese and Pasta; Laura Boughner - Casseroles; Anne Hayes - Meat, Fish and Poultry; Bea Aytoun - Vegetables; Lynn Grant - Breads, Muffins and Coffee Cakes; Doris Bramley - Desserts; Joan Geddes - Cookies, Cakes and Squares; Mary Bates - Microwave. We were in charge of Salads, Soups and Miscellaneous.

Barry Jones was our very talented photographer. His easy going nature made a potentially difficult task fun and exciting. Catharine Mastin, the AGW's curator of Canadian Historical Art, lent her extensive knowledge of the permanent collection and was a great help in selecting the paintings for the photographs. Interior designer Louise Brown helped to co-ordinate the food displays. We hope that the paintings displayed in the pictures of this book will encourage visits to the Art Gallery to experience the thrill of discovery of the many works of art in the gallery's great collection. We are pleased to have included, an oil painting by the first director of the AGW, Dr. Kenneth Saltmarche.

We would also like to express our gratitude to the Director, Nataley Nagy who was always supportive of the project; Shirley Pullen for her many hours of typing; and Pat Morris-Williams, Manager of "The Uncommon Market" who willingly provided us with accessories for the photographs.

As in Cook Book II, Richard Haddad at Curtis Company, Limited was a helpful and enthusiastic supporter.

Our thanks to those who submitted the many wonderful recipes you will find in this book. We are most appreciative of all our members and friends who assisted us by testing recipes. We hope you are as pleased as we are with the results.

Shirley Furlong, Co-ordinator
Pat Benson, Assistant Co-ordinator

TABLES OF CONTENTS

Foreword i
Introduction ii
Table of Contents iii
Appetizers 3
Soups 31
Salads and Salad Dressings 47
Eggs, Cheese and Pasta 75
Casseroles 95
Meat, Fish and Poultry 117
Vegetables 149
Breads, Muffins and Coffee Cakes 171
Desserts 193
Cookies, Cakes and Squares 225
Miscellaneous 253
Metric Equivalents 268
Index 269
Order Forms 287

What's Cooking?
Mystery shells create recipes

Appetizers

Frozen Daiquiris
Avocado Spread
Cherry Tomato Bites
Shrimp Spread

APPETIZERS

Antipasto "Presto" 13
Avocado Spread 9
Bruschetta 15
California Crustades 14
Cheese and Olive Appetizer 19
Cheese Bacon Canapé 18
Cheese Boreg 18
Cheese Puffs 14
Cheese Salsa Squares 20
Cheesy Mushrooms 22
Cherry Tomato Bites 22
Chèvre Spread 9
Chili Con Queso Dip *(Microwave)* 6
Coconut Chicken Strips 23
Crab Mousse 11
Crescent Roll Vegetable Appetizer 17
Crunchy Appetizer Balls 24
Curried Cheese Spread 10
Curry Dip 5
Devils on Horseback 22
Diablotins D'Épicures 14
Dilled Cucumber and Salmon Dip 8
Fried Wontons 25
Ginger Fruit Dip 5
Goat Cheese Bruschetta 15
Ham Roll Ups 17
Herb Mayonnaise Dip 8
Herbed Cheese 10
Holiday Cream Cheese Torte 11
Hot Artichoke Dip 5
Hot and Spicy Taco Dip 6
Hummus 7
Jamaican Curry Chicken 23
Marinated Fiddleheads 27
Marlaine's Crab Dip 7
"Mary Vickers" Cheese Bread 13
Mini Potato Pancakes 24
Newfoundland Crab Cakes 27
Oatcakes 25
Olive Cheese Canapé 15
Pine Cone Cheese Spread 10
Roquefort Ring 12
Salmon Tortilla Rolls 21
Shrimp Spread 9
Spinach Cheese Squares 19
Stuffed Vine Leaves (Dolmadakia) 26
Tapenade 12
Tiny Pita Pockets 20
Tzatziki Dip 7
Wonderful Greek Appetizer 16
Zucchini Pizzas 21

GINGER FRUIT DIP

Refreshing summer treat

⅔ cup mayonnaise
⅓ cup sour cream
2 Tbsp. honey
2 Tbsp. fresh lime juice
1 Tbsp. grated fresh ginger
1 tsp. grated lime zest

In a small bowl combine all ingredients. Stir until blended. Can be refrigerated for 2 days.

Yield: 1 cup

HOT ARTICHOKE DIP

1 14-oz. can artichoke hearts
1 cup salad dressing
1 cup grated Parmesan cheese
1 4-oz. can green chilies, chopped
1 clove garlic, minced
9 in. pyrex plate

Mix ingredients together. Bake at 350° for 20-25 minutes. After baking cover with chopped green onion or chopped tomato. Serve with tortilla chips or crackers.

Yield: about 2 cups

CURRY DIP

1 tsp. horseradish
1 cup mayonnaise or Miracle Whip
1 tsp. Tarragon vinegar
2 Tbsp. grated onion
1 tsp. garlic salt
1 Tbsp. curry powder

Mix all together and chill. It will thicken when chilled. For a thinner dip leave at room temperature for awhile before serving. Serve with pita triangles or vegetables.

Yield: about 1 cup

HOT AND SPICY TACO DIP

2 8-oz. pkgs. cream cheese, room temperature
1 Tbsp. sour cream
1 Tbsp. mayonnaise
2 Tbsp. Worcestershire sauce
1 tsp. Tabasco sauce
1 Tbsp. lemon juice
1 tsp. chili powder
½ tsp. cumin powder (optional)
1 8-oz. jar taco sauce

Mix the above ingredients except taco sauce and spread flat in a 9" x 13" pyrex dish. Spread taco sauce (any kind) over the cheese mixture.

In a food processor prepare the next 5 ingredients:

1 cup shredded lettuce
1 cup grated Cheddar cheese
1 green pepper, diced
1 spanish onion, diced
2 tomatoes, chopped

Sprinkle and layer in the above order. Chill and serve with taco chips.

Serves 10

CHILI CON QUESO DIP [M]

2 Tbsp. butter
1 Tbsp. flour
⅓ cup finely chopped onion
½ tsp. chili powder
1 cup half and half cream
½ cup salsa (medium or hot)
10 oz. Monterey Jack cheese cut into 1" cubes
1 4-oz. can mild green chilies, drained and chopped
Tabasco sauce, to taste (optional)

Place butter, flour, onion and chili powder in 1 qt. container (preferably with a pouring spout). Microwave on high 2 minutes. Stir to blend. Whisking constantly, gradually pour in half and half. Add salsa, cheese, green chiles and Tabasco sauce. Microwave on high 2 minutes. Switch to medium high (70%) and cook 3-4 minutes, stirring once until cheese melts. Salt to taste. If sauce is too thick add more half and half. Serve with tortilla chips, vegetables or toasted pita chips.

Yield: 2 cups

TZATZIKI DIP

1 500-ml. (16 oz.) carton plain yogurt
1 medium cucumber, shredded
2 cloves garlic, minced
1 Tbsp. dill weed
salt and pepper to taste
½ Tbsp. olive oil
small amount of lemon juice
Garnish: sliced black olives and chopped tomatoes

Drain yogurt through cheesecloth overnight. Peel and shred the cucumber and drain. Combine all ingredients. Garnish with olives and chopped tomatoes. Serve with pita chips, pita bread or crackers.

Yield: 2 cups

MARLAINE'S CRAB DIP

Easy and delicious

½ cup mayonnaise
1 8-oz. pkg. cream cheese, softened
2 tsp. ketchup
2 tsp. french dressing
1 can crabmeat, drained
2 tsp. dried onion flakes

Combine all ingredients in medium mixing bowl and blend well with an electric mixer. Serve with crudités and crackers. Prepare at least 12 hours before serving.

Yield: about 2 cups

HUMMUS

1 19-oz. can chick peas, drained
1 large garlic clove, sliced, (add more if desired)
juice of one lemon
⅓ cup olive oil (good oil is essential)
salt to taste
dash of cumin

Combine all ingredients in food processor. Mix until smooth. Serve at room temperature with pita chips or toasted french bread slices.

Yield: 1 cup

DILLED CUCUMBER AND SALMON DIP

1 large cucumber
1 tsp. salt
1 cup sour cream
½ cup mayonnaise
¼ tsp. pepper
¼ tsp. seasoned salt
2 tsp. dried dillweed
1 Tbsp. lemon juice
1 can red salmon, drained and flaked

Peel cucumbers, grate coarsely or chop fine. Sprinkle with salt. Let stand at least one hour. Drain and press out excess liquid with the back of a spoon. In a medium bowl combine drained cucumber, sour cream, mayonnaise, pepper, seasoned salt, dillweed and lemon juice. Add salmon. Mix and refrigerate until served. Serve with toast points or crispy crackers.

Yield: about 2½ cups

HERB MAYONNAISE DIP

1 cup mayonnaise
½ tsp. lemon juice
¼ tsp. salt
¼ tsp. paprika
¼ cup minced parsley
1 Tbsp. grated onion
1 Tbsp. minced chives
⅛ tsp. curry powder
½ tsp. Worcestershire sauce
1 garlic clove, minced
½ cup sour cream

Mix all ingredients together. For full flavour refrigerate overnight. Serve with raw vegetables.

Yield: 1½ cups

AVOCADO SPREAD

2 ripe avocados, peeled and pitted
6 Tbsp. Roquefort cheese
3 Tbsp. cream cheese
2 Tbsp. lemon juice

Mix all ingredients together in a blender or a food processor until smooth and creamy. Store in container and refrigerate. Keep chilled. Serve with thin breadsticks or crackers.

This spread must be made no more than two or three hours ahead of serving or the avocado will turn brown.

Serves 10

CHÈVRE SPREAD

8 oz. goat cheese
2 cloves of garlic
3 fresh basil leaves
3 Tbsp. half and half cream

Blend all ingredients together in a food processor. Mound on a plate and serve with Blue Corn Chips or Pita Chips.

Yield: 1 cup

SHRIMP SPREAD

1 8-oz. pkg. cream cheese
¼ lb. butter
1 medium onion, grated or minced
dash cayenne pepper
2-3 cans small salad shrimp, mashed
2 tsp. mayonnaise
1 Tbsp. lemon juice

Soften butter and cream cheese and beat together. Add onion, cayenne pepper, shrimp, mayonnaise and lemon juice. Chill at least 4 hours. Serve with crackers.

Yield: 1½ cups

CURRIED CHEESE SPREAD

1 8-oz. pkg. cream cheese, softened
2 cups shredded old Cheddar cheese
2 Tbsp. sweet Vermouth (red)
1 tsp. curry powder
½ tsp. salt
½ cup finely chopped mango chutney
½ cup finely chopped onion.

In a bowl or food processor combine cheeses, vermouth, curry powder and salt. Turn into a bowl and add the onion and mango chutney. Cover and chill at least 2 hours so that flavours can develop.

Serves 8

HERBED CHEESE

1 8-oz. pkg. cream cheese
1 Tbsp. sour cream
3 cloves of garlic, crushed
2 Tbsp. chopped green onion
½ tsp. mixed herbs (thyme, marjoram, oregano)
¼ tsp. freshly ground pepper
red pepper flakes, crushed (optional)

Soften cream cheese. Add remaining ingredients and mix well. Pack mixture in serving container and refrigerate. Must be served within 5 days. Very good with dark rye or Russian bread.

Yield: 1 cup

PINE CONE CHEESE SPREAD

1½ pkgs. (250 g. each) cream cheese, softened
⅓ cup grated Parmesan cheese
¼ cup mayonnaise
½ tsp. dried oregano leaves, crushed
⅛ tsp. garlic powder
1 cup pecan halves

In a small bowl, with mixer at medium speed, beat first five ingredients until light and fluffy. Cover and chill at least 3 hours. Shape on a serving platter to resemble a pine cone. Insert round edge of nuts into cheese in uneven rows, overlapping slightly. Cover and chill until ready to serve. Serve with crackers.

Yield: about 1¾ cups

HOLIDAY CREAM CHEESE TORTE

Wonderful to look at: Delightful to eat

2 8-oz. pkgs. light cream cheese
1 envelope Hidden Valley Ranch Dressing (milk recipe)
1 6-oz. jar marinated artichokes, drained and chopped
3 Tbsp. fresh minced parsley
⅓ cup roasted red peppers, drained and chopped

Mix together the cream cheese and salad dressing. In a separate bowl stir together the artichokes, peppers and parsley. In a 3 cup bowl lined with plastic wrap, alternate layers of cheese and vegetable mixtures, beginning and ending with a cheese layer. (5 layers in all) Chill 4 hours or overnight. Invert on a plate; remove plastic wrap. Serve with crackers.

Serves 10-12

CRAB MOUSSE

1 10-oz. can cream of mushroom soup
1 6-oz. pkg. cream cheese
1 envelope gelatin
¼ cup cold water
½ cup finely chopped celery
½ cup finely chopped green onion
1 cup mayonnaise
1 5-oz. tin crabmeat
¼ tsp. curry powder
2 Tbsp. finely chopped (minced) sweet red pepper

Heat mushroom soup and cream cheese, stirring with spoon (or microwave about 4 minutes, stirring after each minute). Add gelatin to cold water and soften 5 minutes. Add to soup mixture. Add remaining ingredients and mix well. Pour into a 4 cup mold or several smaller molds. Chill overnight. Serve with crackers.

May be frozen. Serves 10-12

ROQUEFORT RING

1 envelope gelatin
¼ cup cold water
6 oz. Roquefort cheese
6 oz. cream cheese, softened
½ cup heavy cream
1½-2 Tbsp. grated onion
4-5 stuffed olives, chopped
salt to taste
white pepper to taste

In a double boiler, stir gelatin into cold water and allow to soften for ten minutes. Stir over hot water until dissolved. Set aside to cool. Mash Roquefort cheese and blend with cream cheese. Stir in gelatin mixture, cream, onion, olives, salt and pepper. Pour into a 2½-3 cup ring mold and chill. Stir gently once or twice until set. Unmold and serve with crackers.

May be made a day ahead. Serves 8-10

TAPENADE

1 7½-oz. can of tuna, (packed in oil) drained
1 cup pitted black olives
1 garlic clove
2 Tbsp. capers
2 anchovy fillets, drained
2 Tbsp. lemon juice
¼ cup olive oil
¼ cup parsley, chopped

Rinse olives to remove salty taste. In a food processor, mince garlic. Add olives, capers, anchovy fillets and tuna, and process until finely chopped. Add olive oil and lemon juice while machine is running. Mix in chopped parsley. Store in refrigerator. Serve with thin french bread slices.

Yield: 1 cup

ANTIPASTO "PRESTO"

1 250 g. bottle Giardinera (pickled vegetables) sweet or mild, drained
1 500-g. bottle pickled vegetables (Unico), drained
1 500-g. bottle pickled vegetable salad, drained
(or combination of above as preferred)
1 112-g. (4 oz.) can sliced mushrooms, drained
½ cup stuffed green olives, drained, coarsely chopped
2 medium dill pickles, chopped
2 Tbsp. tomato paste
2 Tbsp. tomato ketchup
2 Tbsp. olive oil
1 112-g. (4 oz.) can light tuna, drained

Rinse pickled vegetables and vegetable salad several times in cold water and drain. Cut into bite-size pieces. Add mushrooms, olives, and dill pickles. In a separate bowl combine tomato paste, ketchup and olive oil and blend well. Add tuna. Combine the two mixtures. Refrigerate overnight. Serve as a condiment with crackers and cream cheese or as part of an "antipasto tray" appetizer.

Serves 8

"MARY VICKERS" CHEESE BREAD

1 loaf thin sliced white bread
½ lb. shredded sharp Cheddar cheese
6 slices bacon, fried crisp and crumbled
¼ lb. pkg. slivered almonds
1 onion, finely chopped
¾ cup mayonnaise
salt and pepper to taste

Remove crusts from bread. Mix remaining ingredients. Spread each slice of bread with mixture. Cut into strips or any other shape. If desired, freeze on a baking sheet, place in plastic bag and store in plastic bag in the freezer. Bake 10 minutes, at 375° or until brown.

May be frozen. Yield: about 60 pieces

CALIFORNIA CRUSTADES

12 thin slices of bread
6-oz. chèvre (goat cheese)
4 basil leaves
1 clove of garlic
1 medium tomato
1 Tbsp. cream

Cut crusts from bread. Roll thin and trim to fit neatly into small muffin tins. Bake in 350° oven for 10 minutes or until toasted. Blend thoroughly the chèvre, basil, garlic, tomato and cream in food processor. Fill toast cups. Place on a baking sheet. Bake for 10 minutes at 350° or until hot.

Yield: 1 dozen

CHEESE PUFFS

1 loaf unsliced bread, Vienna or Italian
1 3-oz. pkg. cream cheese
¼ lb. sharp Cheddar cheese, shredded
½ cup butter
½ tsp. Worcestershire Sauce
2 egg whites, stiffly beaten

Trim crusts and cut bread into 1" cubes. Heat cheese and butter in top of a double boiler and stir until blended. Remove from heat. Add Worcestershire sauce. Fold in egg whites. Dip bread cubes into cheese mixture until well coated. Place on a cookie sheet and refrigerate or freeze. Bake at 400° for 10 minutes or until slightly brown.

May be frozen

Yield: 48 squares

DIABLOTINS D'ÉPICURES

1 cup crumbled Roquefort cheese
¼ cup butter
½ cup finely chopped walnuts
pinch of red pepper
1 baguette french bread

Cream together cheese and butter, until it is a smooth paste. Mix in chopped walnuts and red pepper. Toast slices of french bread on one side. Spread cheese mixture on untoasted side and brown in 450° oven.

Yield: 1¼ cups

BRUSCHETTA

2 large, ripe, tomatoes, chopped
1 tsp. oregano
1 large clove garlic, minced
8-10 slices Italian bread
2 Tbsp. olive oil
½ cup grated cheese

In a small bowl, mix tomatoes, oregano and garlic. Let stand 10 minutes. Brush bread slices with olive oil. Place 4 tsp. tomato mixture on each slice. Sprinkle with cheese. Place on baking sheet and bake at 350° for 5 minutes. Broil 1-2 minutes until golden brown and cheese is melted.

Serves 8

GOAT CHEESE BRUSCHETTA

3 medium tomatoes, diced
1 large garlic clove, minced
½ onion, chopped
4 oz. goat cheese
2 Tbsp. chopped basil
3 Tbsp. olive oil
½ tsp. salt
¼ tsp. ground pepper

Combine all ingredients. Spread on toasted french bread slices and heat at 350° for 5 minutes.

Yield: 1½ cups

OLIVE CHEESE CANAPÉ

6 English muffins
1½ cups sharp Cheddar cheese, grated
½ cup mayonnaise (Hellman's)
1 cup chopped ripe olives
½ cup chopped green onion
½ tsp. salt
¼ tsp. curry powder

Mix all ingredients (except muffins). Split muffin in half and spread mixture on each half. Cut each half into 4 or 6 pieces. Bake 10 minutes at 350°.

May be frozen

Yield: 4-6 dozen

WONDERFUL GREEK APPETIZER

For that special dinner party

1 10-oz. pkg. frozen chopped spinach
¼ cup chopped onion
3 Tbsp. butter
3 tsp. all-purpose flour
¼ tsp. dried tarragon, crushed
⅛ tsp. pepper
1 cup milk
2 beaten eggs
1 cup cream-style cottage cheese
½ cup crumbled feta cheese
10 sheets frozen phyllo dough, thawed
½ cup butter, melted
12″ or 14″ pizza pan

For filling:

Cook spinach; drain well, pressing out excess liquid. In a medium saucepan cook onion in the butter until tender. Stir in flour, tarragon and pepper. Add milk. Cook and stir until thickened and bubbly. Stir about half of the mixture into eggs; return all to the saucepan. Stir in spinach and cheeses. Set aside.

Unfold phyllo dough; remove one sheet. Cover remaining phyllo dough with a damp towel while working. Brush the one phyllo dough sheet lightly with some of the ½ cup butter. Fold in thirds lengthwise; brush top with butter. Place one end of the folded sheet in the centre of a 12″ or 14″ pizza pan, extending the other end over the side of the pan. Repeat brushing and folding with remaining butter and phyllo. Arrange strips in spoke fashion evenly around the pan. (The inner ends of each sheet should overlap in the centre and be about 3 inches apart at the outer ends.)

Spread the filling in an 8″ circle in the centre of the phyllo. Starting with the last phyllo dough strip placed in the pan, lift the end of the strip that is extending over the pan and holding it with both hands, twist the end several times. Fold the twisted phyllo dough strip in half toward the filling. Coil and tuck to form a rosette. Lightly press the rosette into the filling, leaving a 3 inch circle in the centre so the filling is visible. Repeat with the remaining phyllo strips in the reverse order that you placed them on the pan. Drizzle with any remaining butter. Bake in a 375° oven for 35-40 minutes or until top is golden brown. Use a knife or pizza cutter to cut into wedges. Serve the wedges warm or cool.

Yield: 8 servings

CRESCENT ROLL VEGETABLE APPETIZER

Tasty and nutritious

2 pkgs. Pillsbury Crescent Rolls
2 8-oz. pkg. cream cheese, softened
½ pkg. dry Ranch Salad Dressing
1 cup mayonnaise
1 cup finely chopped broccoli
1 cup finely chopped cauliflower
½ cup finely chopped parsley
½ cup chopped green onions
1 cup grated carrots
1 cup finely chopped tomatoes
1 cup finely chopped peppers

Spread Crescent Rolls on a cookie sheet making sure all pieces are sealed together. Bake at 350° for 15-20 minutes. Cool. Blend cream cheese, mayonnaise, and Ranch Dressing. Spread on cooled crescent roll base. Arrange broccoli and cauliflower over the above layers. As the final layer, arrange parsley, green onions, carrots, tomatoes and red peppers in any order that you desire. Pat gently. Chill covered with plastic wrap for 1-2 hours. Cut into 1" or 2" squares.

Yield: 70 1½" squares

HAM ROLL UPS

8 slices ham
8 slices sandwich bread-thin sliced
1 8-oz. pkg. cream cheese, softened
¼ stick butter
½ Tbsp. Worcestershire sauce
⅛ tsp. garlic powder
⅛ cup sliced green onions
1 dash celery salt
chopped parsley

Trim crusts from bread. Mix cream cheese, butter, Worcestershire sauce, garlic powder, onions and celery salt. Spread small amount of cream cheese mixture on ham. Top with bread slice. Spread more mixture on this. Roll and chill until firm. Slice into bite-sized pieces. Sprinkle tops with parsley.

Yield: about 4 dozen

CHEESE BACON CANAPÉ

Handy to have in your freezer

1 loaf thin sliced bread
1 pkg. slivered almonds
1 Tbsp. butter
½ lb. sharp Cheddar cheese, grated
8 slices of bacon, fried and crumbled
1 small onion, grated
¾ cup-1 cup mayonnaise
2½ tsp. Worcestershire sauce

Trim crusts from bread. Cut into quarters. Brown almonds in butter. Mix all ingredients except the bread. Place a small spoonful of the cheese mixture on each square. Place on cookie sheet. Bake at 400° for 10 minutes. If desired, freeze on a cookie sheet, and store in a plastic bag.

May be frozen. Yield: 6 dozen

CHEESE BOREG

An excellent appetizer!

Pastry:

2 8-oz. pkgs. cream cheese, softened
½ lb. butter, softened
2¼ cups flour
¼ tsp. salt

Filling:

1¼ lbs. grated mild brick cheese
1 beaten egg
pinch of curry or parsley flakes

Cream cheese and butter. Gradually add flour and salt to form soft dough. Chill at least 30 minutes in 4 waxed paper bundles. Roll out each ball of dough on floured wax paper. Cut circles of 3" diameter. Blend filling ingredients and place 1 tsp. filling on each pastry circle. Fold in half and seal edges. Bake at 350° for 20 minutes. Can be frozen unbaked. Allow to thaw for 30 minutes before baking.

May be frozen Serves 20

CHEESE AND OLIVE APPETIZER

2 beaten eggs
2 tsp. melted butter
3/4 cup salad olives, chopped
2 cups grated medium Cheddar cheese
1 onion, chopped
1 tin mushroom pieces, drained
¼ tsp. cayenne pepper
½ tsp. chili powder
½ tsp. oregano
1 pkg. Pillsbury Crescent rolls

Line a 13" x 9" pyrex dish with 1 pkg. of crescent rolls. Put the rest of the combined mixture over the rolls. Bake at 350° for 30 minutes Do not overbake.

May be frozen. Yield: 48 squares

SPINACH CHEESE SQUARES

4 Tbsp. butter
3 eggs
1 cup flour
1 cup milk
½ tsp. salt
dash of pepper
1 tsp. baking powder
1 lb. medium Cheddar cheese, grated
¼ cup grated onion
1 pkg. of frozen chopped spinach, thawed and well drained

Preheat oven to 325°. In a 9" x 13" x 2" baking pan, melt butter in the oven. Remove from oven. In a large mixing bowl, beat the eggs then stir in flour, milk, salt, pepper and baking powder. Mix well. Stir in cheese, onion and spinach. Pour into baking pan and bake 35 minutes. Cool for 45 minutes. Cut into bite-sized squares. Squares may be frozen and reheated in a 325° oven for 15-20 minutes.

May be frozen Yield: 30 squares

TINY PITA POCKETS

2 pkgs. small pita opened on one side

Sauce:

½ onion, finely chopped
1 cup green pepper, finely diced
1 cup mushrooms, finely chopped
⅓ cup butter
⅓ cup flour
2 cups chicken broth
⅓ cup cream
salt and pepper
½ lb. bacon, cooked crisp and crumbled
½ lb. Mozzarella cheese, small cubes
mayonnaise

Sauté in butter the onion, green pepper and mushrooms until slightly tender. Add flour to vegetable mixture and blend. Add chicken broth and cream slowly, stirring until sauce thickens and has been reduced. Season to taste with salt and pepper.

To assemble, fill pita with 1 tsp. sauce, ½ tsp. mayonnaise, a few bacon crumbles and cheese. Place on cookie sheet. Bake at 375° for 5-10 minutes or until cheese is melted.

May be frozen

Yield: 2½ dozen

CHEESE SALSA SQUARES

2 cups grated sharp Cheddar cheese
2 cups grated Monterey Jack, Mozzarella or Brick Cheese
¾ cup salsa
3 well beaten eggs

Mix cheese. Place one half of the cheese mixture in bottom of a 9" square pan. Combine salsa and eggs. Spread over first cheese mixture. Cover with the remaining cheese. Bake at 350° for 30 minutes. Cool 10 minutes. Cut into squares. Serve on Nacho Chips with more salsa.

Yield: 40 squares

SALMON TORTILLA ROLLS

Sure to become a favourite

1 8-oz. pkg. softened cream cheese
3 Tbsp. mayonnaise
3 Tbsp. honey mustard
6 large flour tortillas
3 Tbsp. small capers
1 head of Boston lettuce
¾ lb. pre-sliced smoked salmon
2 Tbsp. snipped fresh dill

In a bowl whip cream cheese, mayonnaise, and mustard. Divide and spread on tortillas. Sprinkle with capers and cover with individual lettuce leaves. Place salmon over all. Roll tortillas tightly and wrap in plastic wrap. Refrigerate for at least 5-6 hours. At serving time cut into ½" slices, sprinkle with dill and serve. Skewer with toothpicks if necessary.

Yield: 50 pieces

ZUCCHINI PIZZAS

So different - always a hit!

4 cups chopped zucchini (approximately 2 med. size)
2 small onions, chopped
¼ cup olive oil, divided
1 large garlic clove, chopped fine
1½ tsp. dried Italian herbs
2 7" pitas split in two = 4
¼ cup grated Provolone cheese
¼ cup grated Romano cheese
¼ cup toasted pine nuts

Preheat oven to 450°. Chop onions and zucchini. Heat 2 Tbsp. of the olive oil and sauté onion and garlic. Add zucchini and cook over medium heat until tender. Season with Italian herbs. Place the split pitas on a cookie sheet and brush with the remaining olive oil. Top with the combined cheeses and then the zucchini mixture. Sprinkle pine nuts over the top. Bake at 450°-10 minutes. Cut into 8 triangles. May be frozen before baking. Do not thaw before baking.

May be frozen Yield: 32 pieces

DEVILS ON HORSEBACK

Easy and interesting

peanuts
pitted green olives
pitted prunes "ready to eat"
bacon strips, partially cooked, but not crisp

Put peanut inside olive. Put olive inside pitted prune. Wrap each prune with a partially cooked and drained bacon strip (can be refrigerated at this point). Bake at 400° for 12-15 minutes or until bacon is crisp. Drain on paper towels and serve warm.

Yield: as many as required

CHEESY MUSHROOMS

1 lb. fresh mushrooms
1 4-oz. pkg. cream cheese, softened
1 cup grated Parmesan cheese
1 tsp. Worcestershire sauce
1 tsp. dillweed
pinch of black pepper

Remove stems from mushrooms. Blend remaining ingredients. Mound mixture on each mushroom cap. Bake at 350° for 20 minutes.

Serves 6

CHERRY TOMATO BITES

48 cherry tomatoes
2 pkgs. (250 g. each) cream cheese
¼ cup chili sauce
2 Tbsp. each-lemon juice, horseradish and light cream
2 tsp. prepared Dijon mustard
½ tsp. paprika
parsley sprigs

Cut a small slice from the top of each washed tomato. With a small spoon scoop out and discard a little of the inside. Invert on paper towels to drain. Combine remaining ingredients except parsley, blending well. Cut the tiniest sliver from the bottom of each tomato so it will stand on end. Fill with cheese mixture, decorate with parsley and chill.

Yield: 48 pieces

COCONUT CHICKEN STRIPS

2 cups flaked coconut
1¼ lbs. boneless, skinless chicken breast halves
2 Tbsp. butter or margarine, melted
1 Tbsp. all-purpose flour
¼ tsp. ground nutmeg
½ cup Dijon style mustard
2 Tbsp. honey
parsley sprigs for garnish

Preheat oven to 500°. Spread coconut evenly on a 17" x 11" baking sheet. Toast 4 minutes, stirring frequently, until golden brown. Remove pan to wire rack; cool 1 minute. Meanwhile, cut chicken into ½ in. strips; place in medium bowl. Pour butter over chicken and toss. Remove coconut to large plastic food-storage bag. Add flour and nutmeg to bag; seal and shake until well blended. Spray the same baking sheet with non-stick cooking spray. Add chicken strips to bag; seal and shake until evenly coated. Place chicken strips on the baking sheet; bake 7 minutes until cooked through, watching carefully. In a small dish stir together mustard and honey. To serve, place chicken strips on a serving platter. Serve with dipping sauce and garnish with parsley sprigs.

Serves 8

JAMAICAN CURRY CHICKEN

You will want to make lots - they go fast!

1 whole chicken breast, deboned
¼ tsp. salt
¼ tsp. pepper
½ tsp. curry powder

Season the chicken breast with salt, pepper and curry powder. Bake uncovered in a preheated 350° oven for 35 minutes. When cool cut into 1" cubes or long strips.

Marinade:

¼ cup mayonnaise
1 tsp. curry powder, or to taste
¼ cup chutney, finely chopped
1 cup cashews, toasted and chopped

Combine mayonnaise, curry powder and chutney. Add the chicken and allow to marinate at least one hour. Place chicken strips or cubes on skewers and roll in cashews.

Yield: 5 skewers

MINI POTATO PANCAKES

2 medium baking potatoes
1 small onion
1 egg
1½ Tbsp. minced fresh parsley
¼ tsp. salt
¼ tsp. pepper
2 Tbsp. flour
2 Tbsp. olive oil
sour cream
dill

Grate potatoes and onion in a food processor. Drain and rinse under cold water in a sieve. Squeeze water from potatoes and onion through a sieve and then place mixture in a bowl. Combine the egg, parsley, salt and pepper with potato mixture, blend well. Sprinkle flour over mixture and stir together. Shape pancakes. In a large frying pan heat olive oil. Cook pancakes, turning once until both sides are browned-about 5 minutes. Drain on paper towels. Repeat with remaining batter using more oil if necessary. To serve, top each pancake with a little sour cream and some chopped dill.

Yield: about 27

CRUNCHY APPETIZER BALLS

Also great for brunch

2 cups mashed potatoes
2 cups finely chopped ham
1 cup shredded Swiss cheese
½ cup Miracle Whip
¼ cup finely chopped onion
2 eggs, beaten
1 tsp. prepared mustard
½ tsp. salt
¼ tsp. pepper
3½ cups corn flakes, crushed

Combine all ingredients except corn flakes. Mix well. Shape into 1 inch balls. Roll in corn flakes. Place on greased cookie sheet. Bake at 350° for 30 minutes. May be made ahead and sautéed to reheat.

May be frozen.

Yield: 6 dozen

FRIED WONTONS

3-4 pkg. small wonton wrappers
1 lb. ground pork
3 lbs. regular ground beef
3-5 onions, chopped
7 cloves garlic, chopped
4-5 celery stalks, chopped
3-4 carrots, chopped
1 lb. fresh mushrooms plus any other vegetable you wish to add such as green pepper, alfalfa sprouts or water chestnuts, chopped

2 eggs
½ cup oyster sauce
4 Tbsp. soya sauce
salt and pepper to taste
plum sauce

Mix first group of ingredients except wonton wrappers and sauté in large fry pan. Drain and let cool. Mix in eggs, oyster sauce, soya sauce, salt and pepper. Roll a spoonful of mixture into each wonton wrapper and seal with water, using your fingers to seal. Deep fry 1-2 minutes or until done. Can be frozen and reheated in 350° oven for 10-12 minutes. Use plum sauce for dipping.

May be frozen Yield: 11 dozen

OATCAKES

3 cups rolled oats
3 cups pastry flour
½ cup sugar (or less if desired)
2 tsp. salt
1 tsp. baking soda
1½ cups lard
ice water

Mix dry ingredients. Cut in lard. Sprinkle with ice water to make a rolling consistency. Roll and cut with a cookie cutter. Bake at 400° for 8-10 minutes. Good served with cheese.

May be frozen Yield: 3 dozen

STUFFED VINE LEAVES (DOLMADAKIA)

1 bottle preserved Greek vine leaves, rinsed
1 medium onion, finely chopped
4 Tbsp. butter (this can be replaced with 4 Tbsp. olive oil if watching cholesterol)
¼ tsp. allspice
1 cup chopped almonds
½ cup currants
1 cup cooked brown rice
¼ tsp. salt
pinch of black pepper
2 Tbsp. olive oil
1½ cups chicken stock
4 Tbsp. lemon juice

Remove grape leaves from jar, scald with hot water and drain. Cut off stems from the leaves and pat each leaf dry with paper towels. In large frying pan sauté onion in melted butter until translucent. Add allspice and sauté one minute more. Add nuts, currants and rice. Add salt and black pepper to taste. Add 1 Tbsp. of the olive oil to help loosely bind the stuffing. Cool. For each roll, place one tsp. of stuffing in the centre of each leaf, shiny side down. Fold like an envelope and roll up, tucking in edges. (If leaves are very small, use two overlapping leaves). Do not roll too tightly as rice will expand a little. Place tuck side down in a baking dish-9″ x 13″. Cover halfway with the chicken stock. Sprinkle with lemon juice and remaining 1 Tbsp. of olive oil. Cover and cook for 40 minutes to 1 hour depending on the texture of the vine leaves. Serve with lemon wedges. May be served hot or cold.

May be frozen. Yield: 3 dozen

MARINATED FIDDLEHEADS

1 lb. fiddleheads (in season in June)

Wash fiddleheads and remove any bits of the brown skin that are still clinging to the frond. Trim any excess stalk just before marinating to keep a fresher look. (Fiddleheads may be blanched for 1 minute.)

Dressing:

1 cup salad oil
⅓ cup white vinegar
¼ tsp. pepper
1 tsp. salt
¼ tsp. dry mustard
¼ tsp. paprika
1 clove of garlic, crushed
1 Tbsp. white sugar

Combine above ingredients in a bottle and shake to mix. Put fiddleheads and dressing in a covered bowl. Shake bowl several times to be sure all fiddlehead are coated with dressing. Chill several hours. Drain before serving.

Serves 8

NEWFOUNDLAND CRAB CAKES

1 lb. crabmeat frozen or canned
1 beaten egg
4 Tbsp. mayonnaise
2 tsp. Dijon mustard
1 Tbsp. finely minced fresh parsley
1 small onion, chopped
¼ tsp. salt
¼ tsp. pepper
½ cup bread crumbs

Drain crabmeat. Remove any pieces of shell. Combine all other ingredients, adding bread crumbs last. Shape into small appetizer-size cakes. Refrigerate (on baking sheet lined with waxed paper) for 1 hour. Sauté in olive oil until golden. Serve warm.

Yield: about 16 cakes

Landscape, Cornwall, n.d.
Berthe des Clayes (1877-1968)
oil on canvas, 50.8 cm x 63.2 cm
Bequest of Frances M. Graveline, 1993

Born in Aberdeen Scotland, Berthe des Clayes emigrated to Canada in 1912. Except for the years between 1925 and 1931 she spent the rest of her life in Montreal. She regularly contributed examples of her work for exhibition to the Art Association of Montreal, the Royal Canadian Academy and the Watson Art Galleries.

Landscape, Cornwall was probably done during the later 1920's when she returned to England, as its cottage-style architecture and title indicate. *Landscape, Cornwall* is a typical example of her painting style. With its vigorous brushwork, concern for the effects of light on form and changing light of the seasons, this work demonstrates the salient characteristics of French Impressionism.

Soup
Chili Beef Soup
Herbed Bread Sticks

SOUPS

Blender Cucumber Soup 39
Broccoli Cauliflower Soup 34
Broccoli Soup 34
Carrot and Ginger Soup 37
Carrot Soup 36
Chili Beef Soup 38
Chilled Curried Carrot Soup 35
Cold Cucumber Saipur 42
Corn Chowder 37
Cream of Almond Soup 43
Creamy Onion and Potato Soup 38
French Canadian Pea Soup 35
Italian Minestrone 33
Lemon Soup 39
Parsnip and Carrot Soup 36
Salmon Chowder 41
Scottish Chowder 42
Shrimp Tomato Bisque 39
Tomato Bean Soup 33
Vichyssoise 40
Watercress Soup 41
White Gazpacho 40

ITALIAN MINESTRONE

Hearty and delicious

2 slices bacon, diced
½ lb. ground beef
1 large onion, chopped
1 clove garlic, finely chopped
1 cup sliced celery
1 6-oz. can tomato paste
1 beef bouillon cube
5 cups water
2 tsp. sugar
2 tsp. salt
¼-½ tsp. pepper
½ tsp. oregano
½ cup uncooked macaroni
1 medium zucchini, diced
½ 10-oz. package fresh spinach
grated Parmesan cheese

In a large saucepan cook bacon until crisp. Remove and set aside. Drain excess fat. Add beef, onion and garlic to pan. Sauté, stirring frequently until evenly browned. Drain off fat. Add celery, tomato paste, bouillon cube, water, sugar and seasonings. Bring to a boil. Cover, reduce heat and simmer for 30 minutes. Add macaroni, cover and continue to cook for 10 minutes. Stir in zucchini and spinach and cook for 5 minutes more until macaroni is tender. If more liquid is needed, add tomato juice and another bouillon cube. Pass the cheese to guests.

Serves 6-8

TOMATO BEAN SOUP

1 19-oz. can stewed tomatoes, chopped
1 14-oz. can beans in tomato sauce
1 cup water
½ tsp. each dried basil and parsley
½ cup chopped onion
½ cup shredded Cheddar cheese

Combine all ingredients except cheese, in saucepan. Bring to a boil and simmer uncovered for 10 minutes. Spoon into bowls and sprinkle with cheese.

Serves 4

BROCCOLI CAULIFLOWER SOUP

3 cups chicken stock
½ cup wild rice, precooked
1 onion, finely chopped
1 medium carrot, diced
1 bay leaf
2 cups chopped cauliflower
2 cups chopped broccoli
1 tsp. Worcestershire sauce
salt and pepper

In a large saucepan, bring stock to boil. Add onion, carrot and bay leaf and simmer for 5 minutes. Add cauliflower, simmer for 2 minutes. Add broccoli, Worcestershire sauce and cooked rice and simmer for 3 minutes. Remove bay leaf. Season with salt and pepper.

Serves 4

BROCCOLI SOUP

Looks great, tastes even better

1 pkg. frozen broccoli spears
½ cup carrots, diced
½ onion, chopped
1 10-oz. can Cream of Potato soup
2 soup cans of milk
¾ cup Cheddar cheese, grated
salt and pepper

Cook broccoli following package directions. Cool and chop. Cook carrots and onions until tender. Purée potato soup. In a large saucepan combine broccoli, carrots, onions and potato soup. Add milk, cheese, salt and pepper to taste. Simmer for 5 minutes. Do not boil.

Serves 6

CHILLED CURRIED CARROT SOUP

¼ cup butter
1 large onion, chopped
1 lb. carrots, sliced
¾ tsp. curry powder
2 loony-sized pieces of lemon peel
2 cups chicken stock
salt to taste
¼ tsp. pepper
1 cup half and half, or homogenized milk
Garnish: lemon zest, dill or parsley

Melt butter in saucepan. Sauté onion and carrots until onion is tender, about 3 minutes. Add curry and lemon peel. Cook another 3 minutes. Add stock, bring to boil, lower heat, cover and simmer 20 minutes. Cool. Pour soup into blender and blend until almost smooth. Pour into large bowl, add salt, pepper and milk. Stir. Cover and chill at least 4 hours. Garnish. (May be served warm).

Yield: 5 cups

FRENCH CANADIAN PEA SOUP

1 lb. whole yellow peas
½ tsp. baking soda
1 lb. salt pork, cubed in ¼ inch squares
3 medium onions, chopped
carrot or turnip, grated (optional)
salt and pepper to taste
pinch of savory
1 tsp. dry mustard

Put peas in a large pot, cover with water, add ½ tsp. baking soda and soak over-night. Drain and rinse peas. Cover with fresh water, two inches higher than the peas. Add pork and onions. Add carrots and/or turnips if desired. Add pepper, and salt if needed. Simmer gently, (do not boil), for several hours. Halfway through cooking, add savory and mustard. Stir thoroughly.

Serves 10-12

PARSNIP AND CARROT SOUP

2 Tbsp. butter
3 carrots, peeled and chopped
2 parsnips, peeled and chopped
1 onion, peeled and chopped
1 potato, peeled and chopped
4 cups chicken stock
¼ cup 10% or 18% cream
salt and pepper to taste
Garnish: chopped green pepper or parsley

Melt butter in saucepan. Add carrots, parsnips, onion and potato. Cover and cook over low heat for 15 minutes. Stir in chicken stock and bring to a boil. Reduce heat and simmer for 30 minutes. In blender, blend mixture in small batches until smooth. Return to saucepan and stir in cream. Season to taste with salt and pepper. Reheat. Garnish.

Serves 4-6

CARROT SOUP

¼ cup butter
1 medium onion, sliced
5 cups water
2½ cups carrots, sliced
¼ cup long grain rice
2-3 chicken cubes
salt
chopped parsley

Melt butter, sauté onions, add water, carrots, rice and chicken cubes. Bring to a boil. Cover and simmer 20-25 minutes. Add to blender gradually, blending until smooth. Add salt and parsley to taste. Serve with croutons.

Serves 4

CARROT AND GINGER SOUP

2 Tbsp. butter (or margarine)
1 onion, finely chopped
1 clove garlic, minced
2 tsp. grated fresh ginger root
½ tsp. curry powder
1½ lb. carrots, sliced (about 2 lb. before peeling)
¼ cup uncooked rice
4 cups chicken stock
½ tsp. salt (no salt if bouillon cubes are used)
¼ tsp. freshly ground black pepper
1 cup whipping cream (or milk)
Garnish: ½ cup unsweetened coconut, toasted
¼ cup fresh parsley

In soup pot melt butter, add onion and garlic and cook until tender. Add ginger and cook a few minutes more. Do not allow to brown. Add curry and cook a further two minutes. Stir in carrots and mix well. Add rice, stock, salt and pepper. Bring to a boil, reduce heat, simmer gently until carrots are tender (about 45 minutes). Purée soup in blender or processor. (May be frozen at this point). Stir in cream or milk. Add garnish, if desired. May be served chilled or hot.

May be frozen (before cream added). Serves 8-10

CORN CHOWDER

4 slices bacon, chopped
1 medium onion, chopped
2 cups diced potato
2 cups water
salt and pepper to taste
2 cups cream style corn (19 oz.)
1½ cups milk
½ cup half and half or ½ cup evaporated milk
1 Tbsp. butter
Cheddar cheese, cubed (optional)

Sauté bacon and drain fat. Add water and boil potatoes until tender. Add remaining ingredients except cheese. Simmer for 10 minutes. Place cheese into individual bowls, ladle hot soup over and serve.

May be frozen Serves 6

CHILI BEEF SOUP

1 lb. pinto beans
2 qt. water
1 lb. lean ground beef
1 onion, chopped
1 green pepper, chopped
1-2 Tbsp. chili powder
1 tsp. cumin
1 tsp. oregano
1½ tsp. salt
1½ tsp. paprika
½ tsp. garlic powder
2 beef bouillon cubes (or canned beef broth)
1 28-oz. can tomatoes
tabasco to taste

Soak beans in water overnight. Sauté and drain beef. Add to beans and water, bring to a boil and add all other ingredients. Simmer for several hours or until beans are very soft. Adjust the amount of chili powder during cooking if you want a spicier soup.

Serves 6-8

CREAMY ONION AND POTATO SOUP

2 Tbsp. butter or margarine
2 Tbsp. flour
1 cup chopped onion
1 large clove garlic, minced
2 14½-oz. cans chicken broth
4 cups peeled, cubed potatoes
½ cup sliced green onions
⅛ tsp. salt
¼ tsp. white pepper
1 cup milk (or non-dairy creamer)
Garnish: green onion strips

Melt butter in large pot over low heat. Add flour and stir until smooth. Cook 1 minute stirring constantly. Add onion and garlic. Cook 1 minute or until onion is tender. Gradually add broth, stirring constantly. Add potatoes, green onions salt and pepper. Bring to a boil, cover, reduce heat and simmer 15 minutes, stirring occasionally or until potatoes are tender. Stir in milk or cream and heat thoroughly. Garnish if desired.

Yield: 7 cups

BLENDER CUCUMBER SOUP

1 large seedless cucumber
2 cups chicken broth
1 can Cream of Potato soup
½ cup homogenized milk or cream
cayenne to taste
dill

Peel and chop cucumber. Place in blender with chicken broth and soup. Blend until smooth. Add milk or cream, cayenne and dill. Serve chilled.

Serves 4

SHRIMP TOMATO BISQUE

1 envelope Knorr Shrimp Bisque
1 can tomato soup
2 Tbsp. sherry, optional

Make Shrimp Bisque according to package directions. Add tomato soup and sherry (if desired). Heat and serve or heat and chill and serve cold.

Serves 4

LEMON SOUP (Avgolemono)

A lovely delicate flavour

6 cups chicken broth
⅓ cup uncooked white rice (short grain or Italian)
3 eggs
¼-⅓ cup lemon juice

Bring chicken broth to a boil. Add rice and simmer until tender, about 20 minutes. In a bowl, beat eggs. Stir in lemon juice and 2 cups of the hot chicken broth. Blend well, using a whisk or electric beater. Carefully stir this into other 4 cups of broth. If serving later, refrigerate. When ready to serve, heat (do not boil) stirring constantly.

Serves 4-6

WHITE GAZPACHO

3 medium cucumbers, peeled and cut in chunks
1 clove garlic
3 cups chicken broth
3 cups sour cream
3 Tbsp. white vinegar
2 tsp. salt

Toppings:

½ cup green onions
½ cup chopped parsley
1 tomato

Whirl garlic in blender with 1 cup chicken broth. Add cucumber, whirl for a few seconds. Add remaining ingredients and whirl just enough to mix. Chop topping ingredients and sprinkle on top.

Serves 6-8

VICHYSOISSE

2½ cups water
3 tsp. instant chicken bouillon
2½ cups instant potato flakes
4 cups half and half
3 tsp. chopped or freeze-dried chives
1 tsp. onion powder
dash of bitters, optional
salt and pepper to taste

Add bouillon to water and bring to a full boil. Add potato flakes and mix well. Allow to cool to room temperature. Add other ingredients. Place in blender and blend just long enough to mix well. Season to taste. Refrigerate.

Serves 8

WATERCRESS SOUP

Light and lovely

2 bunches of watercress (about 2 cups chopped)
4 cups chicken broth
3 Tbsp. butter or margarine
1 small onion, finely chopped
4 Tbsp. all-purpose flour
2 cups half and half cream (or 1 cup cream and 1 cup milk)
salt and pepper to taste
pinch of tarragon or basil
paprika

Reserve 6 sprigs of watercress for garnish. Remove heaviest stems, chop remaining watercress and simmer in chicken broth for 5-8 minutes. Purée in blender or food processor. Melt butter and sauté onion until tender, but not browned. Blend in flour, then stir in broth mixture. Stir while cooking until mixture boils. Add cream, heat and season to taste with salt and pepper. Add tarragon or basil. Pour into soup cups. Sprinkle with paprika and top with watercress sprig. May be served chilled.

Serves 6

SALMON CHOWDER

A Laing family recipe

1 7½-oz. tin sockeye salmon
8 saltine crackers, rolled fine
2-2½ cups milk
2 Tbsp. grated onion
1 tsp. garlic powder
dill or paprika

Remove skin and bones from salmon. Sauté onion in a little butter. Add all ingredients except dill or paprika. Heat slowly. Simmer, do not boil, for 2 minutes. Sprinkle with dill or paprika and serve.

Serves 4

COLD CUCUMBER SAIPUR

3 Tbsp. butter
1 large onion, peeled and sliced
2 large potatoes, cut into 1" pieces
6 cups light chicken broth
2 large English cucumbers
1 large tomato, peeled, seeded and finely chopped
1 cup sour cream
salt and pepper
1 Tbsp. chopped parsley or chervil

Melt butter in a 5 qt. pot. Add onion and sauté over medium-low heat, stirring occasionally for 6-8 minutes. Add potatoes, pour in chicken broth, season lightly with salt and pepper. Bring to a boil and cook for 8-10 minutes, until potatoes are nearly tender. Set aside ½ cucumber. Slice remaining cucumber into ½" chunks and add to pot. Boil rapidly until tender. When done, purée the soup in blender in 2-3 lots. Set aside to cool, then refrigerate until cold. Slice the reserved cucumber in half lengthwise. Dice fine and add to the diced tomatoes. Season lightly. When soup is cold, whisk in sour cream, stir in cucumber-tomato mixture. When ready to serve sprinkle with herbs.

Serves 8

SCOTTISH CHOWDER

1 7¾-oz. can red salmon
3 slices bacon, diced
1 red onion, diced
2 celery stocks, diced
2 medium carrots, sliced
½ cup water
2 10-oz. cans Cream of Potato soup
2-2½ cups milk
¼ tsp. salt
¼ cup sherry, optional

Drain and flake salmon, reserving liquid. Sauté bacon and onion until golden. Remove from pan. Drain off excess fat. Add celery, carrots and water to pan. Simmer for 15 minutes, covered. Strain vegetables. Add milk, soup, vegetables, bacon, salmon liquid, salt and sherry if desired. Add salmon flakes when ready to serve, heat but do not boil.

Serves 8

CREAM OF ALMOND SOUP

For a special occasion

3 cups chicken broth
2 Tbsp. butter
2 Tbsp. flour
1 tsp. salt
½ tsp. sugar
¼ tsp. dry mustard
¼ tsp. paprika
½ tsp. thyme
¼ tsp. ground cloves
dash of ground mace
1 clove garlic, speared by toothpick
⅔ cup ground almonds
1 cup heavy cream
a dash of Tabasco, cayenne or Worcestershire sauce (optional)
Garnish: toasted slivered almonds

Heat chicken broth with garlic. Melt butter, blend in flour, add to stock, stirring constantly, until stock is thickened. Add remaining ingredients, (except garnish and cream). Remove garlic. Add cream and heat, do not boil. Add Tabasco, cayenne, or Worcestershire if desired. Before serving, place in each soup cup, 1 Tbsp. cream and a small piece of butter. Pour in soup, garnish with slivered almonds.

Serves 6

Photographed on the front lawn of the
Art Gallery of Windsor, 1993.

Salads

Gingered Orange Salad
Gandy-Dancer Salad
Tomato-Cucumber Medley

SALADS AND SALAD DRESSINGS

Asparagus Salad 53
Asparagus Salad Mold 64
Avocado and Grapefruit Salad 57
Bean Medley 62
Broccoli Salad 51
Cardinal Chicken Salad 49
Carrot Salad 51
Crab Louis 60
Creamy Blue Cheese Dressing 69
Creamy Garlic Dressing 70
Creamy Molded Salad 68
Easy Tomato Aspic 66
Egg Soufflé Salad 65
Fruit Salad Dressing 56
Gandy-Dancer Salad 55
Gingered Orange Salad 67
Greek Pasta Salad with Mint Dressing 55
Green Vegetable Salad 54
Herbed Tomatoes 59
Innis' Salad Dressing 69
Layered Fruit Slaw 60
Mardi-Gras Slaw 59
Mixed Vegetable Rice Salad 52
Molded Beet Salad 65
Molded Gazpacho Salad with Avocado Cream 66
My Favourite Chicken Salad 49
Oriental Salad #1 62
Oriental Salad #2 63
Pepper and Olive Salad 50
Pineapple-Cranberry Jello Salad 67
Pink and Green Summer Salad 64
Red Cabbage Salad 58
Romaine Lettuce with Hot Orange Dressing 72
Romaine Salad Dressing 71
Romaine with Oranges and Pecans 56
Rose and Thistle House Dressing 71
Salad Dressing 71
Salad with Warm Green Beans and Walnuts 53
Shrimp Louis Salad 61
Shrimp Mousse 68
Snow Peas and Red Pepper Salad 50
Strawberry Almond Spinach Salad 58
Stuffed Lettuce 57
Tomato-Cucumber Medley 54
Thousand Island Dressing 70
Warm German Caesar Potato Salad *(Microwave)* 72

MY FAVOURITE CHICKEN SALAD

3 cups diced cooked chicken
1½-2 cups finely diced celery
3 finely chopped green onions
1 cup cold cooked rice
juice of one fresh lemon
½ cup mayonnaise
2 tsp. curry powder
1 tsp. salt
¼-½ cup slivered toasted almonds

Toss chicken well with celery, green onions and rice. Beat together lemon juice, mayonnaise, curry powder and salt. Add to chicken mixture and toss with a fork. Taste for seasoning. Cover and refrigerate.

To serve, garnish a glass salad bowl with lettuce leaves, place chicken in middle and sprinkle with almonds.

Serves 6

CARDINAL CHICKEN SALAD

Must be made a day ahead

2 cups diced unpeeled apples
1 Tbsp. lemon juice
4 cups chopped cooked chicken
1½ cups finely chopped celery
1 cup seedless green grapes, halved
1 cup pineapple chunks, well drained
2 Tbsp. chopped ripe olives
¾ cup salad dressing (1st amount)
½ tsp. salt
¼ tsp. pepper
1 8-oz. pkg. cream cheese
¼ cup salad dressing (2nd amount)
french fried onion rings (Durkees)

Sprinkle lemon juice over apples. Combine chicken, celery, grapes, pineapple, olives, salad dressing (1st amount), salt and pepper. Mix carefully. Press mixture firmly into a large bowl (1½ qt.). Cover and chill overnight. Unmold on lettuce leaves on large platter. Combine cream cheese and salad dressing (2nd amount). Blend well. Frost unmolded chicken salad with cream cheese mixture. Sprinkle salad with crushed canned french fried onion rings.

Serves 8

SNOW PEA AND RED PEPPER SALAD

A colourful salad

1½ lb. snow peas, tops and strings removed
1 lb. mushrooms, washed and sliced
2 small sweet red peppers, seeded, cut into ½" squares
⅓ cup sesame seeds
2 large cloves garlic, finely chopped
3 Tbsp. white wine vinegar
3 Tbsp. lemon juice
1 Tbsp. sugar
1 tsp. salt
1 cup salad oil
freshly ground pepper

In large pot of boiling water, blanch peas 2 minutes or until they turn bright green and become pliable. Drain and cool under cold water. Dry on paper towels. In skillet, over medium heat toast sesame seeds for 2 minutes or until lightly browned. To prepare dressing combine garlic, vinegar, lemon juice, sugar and salt. While processing, slowly add oil. In glass bowl toss together snow peas, mushrooms and peppers. Just before serving add dressing, sesame seeds and toss well. Sprinkle with pepper.

Serves 12-14

PEPPER AND OLIVE SALAD

2 red and/or green peppers, chopped
½ cup stuffed Spanish olives
1 onion, chopped, red or white
1 8-oz. can of corn, drained
1 Tbsp. olive or vegetable oil, 1 Tbsp. red wine vinegar, blended
¼ tsp. freshly ground black pepper
1 head Boston lettuce
pine nuts

In large bowl combine first seven ingredients. Evenly divide lettuce leaves among four salad plates. Top each with pepper-olive mixture. Garnish with pine nuts.

Serves 4

BROCCOLI SALAD

Absolutely delicious

6 stalks of broccoli
1 cup golden seedless raisins
½ cup shelled sunflower seeds
½ cup green onions, chopped fine

Wash broccoli. Peel stems using tender part only. Finely chop broccoli florets and stems. Place in serving bowl and add raisins, sunflower seeds and green onions.

Dressing:

2 Tbsp. white vinegar
¼ cup white sugar
1½ cups mayonnaise
8 strips of crumbled crisp bacon

Dissolve sugar with vinegar. Add mayonnaise and blend well. Pour over broccoli combination and mix well. Garnish with bacon. Chill.

Serves 10-12

CARROT SALAD

2 cups grated carrots
½ cup raisins
½ cup chopped pecans
2 tsp. grated lemon rind
1 Tbsp. lemon juice
salt and pepper
1 cup sour cream

Mix all ingredients, except sour cream. Pour sour cream over and stir well. Cover and refrigerate until serving time. May be served on a lettuce leaf.

Serves 4-6

MIXED VEGETABLE RICE SALAD

Serve as a vegetarian entrée or as an accompaniment to hot or cold meats

¾ cup chopped green beans
¾ cup chopped wax beans
2 cups cooked rice
1 cup sliced English cucumber
¾ cup diced smoked cheese
½ cup sliced radishes
1 Tbsp. minced onion
1 head curly endive

Dressing:

⅓ cup vegetable oil
2 Tbsp. white vinegar
1 tsp. Dijon mustard
1 clove garlic, minced
½ tsp. white sugar (optional)
salt
Garnish: 2 Tbsp. finely chopped green onions

In pot of boiling water, cook green and wax beans until just tender. Drain, rinse under cold running water and drain well again.

In large bowl, toss rice to break up any lumps. Add green and wax beans, cucumber, cheese, radishes and onions; toss well. Cover and refrigerate until thoroughly chilled.

Dressing: In small bowl, combine oil, vinegar, mustard, garlic, sugar, if using, and salt to taste. Just before serving pour over salad and toss thoroughly. Transfer to larger bowl lined with endive and garnish with green onions.

Serves 6

Variation: use feta cheese, frozen green and wax beans prepared according to package directions.

Serves 6-8

SALAD WITH WARM GREEN BEANS AND WALNUTS

A healthy, elegant salad

½ lb. mixed winter lettuces, radicchio, endive, watercress
1 Tbsp. chopped fresh parsley
2 Tbsp. chopped fresh chives
3 Tbsp. balsamic vinegar
1½ tsp. Dijon mustard
1 small clove garlic, minced
¼ tsp. dried tarragon
salt and freshly ground pepper to taste
3 Tbsp. olive oil
3 Tbsp. walnut oil
1 tsp. salt
½ lb. green beans, washed and trimmed
½ cup coarsely chopped walnuts
Radishes for garnish

Wash, dry and toss together the lettuces, parsley and chives. To prepare dressing, combine vinegar, mustard, garlic, tarragon, salt and pepper. Whisk in the oils and mix. Blanch beans in salted boiling water 1-2 minutes. Drain and rinse with cold water. Place in a bowl. Just before serving toss the lettuces with ⅓ of the dressing. Heat remaining dressing and add walnuts. Stir together and toss with the green beans. To serve place greens on individual plates, top with the warm dressed beans and walnuts. Garnish with radishes. Serve at once.

Serves 4-6

ASPARAGUS SALAD

1 lb. fresh asparagus
3 Tbsp. red wine vinegar
2 tsp. Dijon mustard
½ tsp. sugar
⅓ cup vegetable oil
1 shallot, thinly sliced
1 radish, cut in half lengthwise and thinly sliced crosswise
salt and pepper to taste
1 small head Boston lettuce, washed and separated

Cook asparagus in boiling water 3-4 minutes until tender. Drain and set aside. In small bowl whisk together vinegar, mustard and sugar. Whisking constantly slowly add oil until dressing is well blended. Add shallot, radish and seasonings. Arrange 7-8 spears of asparagus in bundles on each plate lined with lettuce. Drizzle with dressing.

Serves 4

GREEN VEGETABLE SALAD

Colourful and delicious

1 small can pimento, chopped
1 can french style green beans
1 can shoe-peg corn
1 small can baby green peas
1 cup celery, diced
2 bunches green onions, chopped
1 cup green pepper, diced

Marinade

¾ cup vinegar
½ cup mazola corn oil, only
1 cup sugar
1 tsp. black pepper
1 tsp. salt

Thoroughly drain pimento, beans, corn and peas. Combine with other salad ingredients in bowl. Mix vinegar, mazola oil, sugar, pepper and salt in small pan. Bring to a boil. Cool. Pour over prepared vegetables. Refrigerate for at least three hours before serving. If kept several days, continue to pour off excess liquid.

Serves 10 -12

TOMATO - CUCUMBER MEDLEY

Cool as a cucumber

2 large tomatoes
1 medium English cucumber
3 Tbsp. olive oil
2 Tbsp. thinly sliced fresh mint leaves or 1½ tsp dried mint leaves
¼ tsp. salt
Mint sprig for garnish

Core each tomato and thinly slice. Peel and thinly slice cucumber. Arrange tomatoes in a circle on large serving platter. Arrange cucumber slices on tomatoes. Prepare dressing of olive oil, fresh mint and salt. Drizzle dressing over tomatoes and cucumber. Chill until ready to serve. Garnish.

Serves 4

GREEK PASTA SALAD WITH MINT DRESSING

Served with barbecued or cold meat, a perfect summertime meal

Salad:

4 cups rotini pasta (or macaroni)
2 cups coarsely chopped cucumber (English)
3-4 medium tomatoes, chopped
2 green onions, sliced
1 cup celery, sliced
2 cups pitted ripe olives, sliced

Dressing:

¾ cup olive oil
3 Tbsp. raspberry or red wine vinegar
2 Tbsp. mayonnaise
2 Tbsp. chopped fresh mint or 2 tsp. dried mint, crumbled
1 tsp. dried oregano leaves
2 tsp. salt

Cook pasta according to package directions. Drain and rinse under cold running water. Drain well. Combine with remaining salad ingredients in large bowl. Whisk together all dressing ingredients. Toss with salad. Cover and chill for several hours or overnight, stirring occasionally.

Serves 8-10

GANDY-DANCER SALAD

red leaf lettuce
blue cheese, crumbled
pine nuts
red onion, sliced thinly

Dressing:

½ cup salad oil
¼ cup red wine vinegar (or raspberry vinegar)
1½-2 Tbsp. sugar
1 Tbsp. tarragon

Place dressing ingredients in a glass jar, cover and shake well. Tear lettuce into bite-sized pieces. Toss with dressing. Place lettuce on individual salad plates. Garnish with onion slices, cheese and pine nuts.

Serves any number

ROMAINE WITH ORANGES AND PECANS

2 heads romaine lettuce, torn into bite-size pieces
¾-1 cup pecan halves, toasted
2 oranges, peeled and sliced

Dressing:

¼ cup vinegar-red wine or balsamic
¼ cup sugar
1 cup vegetable oil
1 tsp. salt
½ small red onion, chopped
1 tsp. dry mustard or Dijon
2 Tbsp. water

Place lettuce, pecans and oranges in a large glass salad bowl. Chill. Combine dressing ingredients in blender and mix well. Place in glass jar and refrigerate. Before serving, carefully toss salad with only enough dressing to coat leaves. Extra dressing may be used as a dip for fresh fruit.

Variation: Dried cranberries may be added.

Serves 10

FRUIT SALAD DRESSING

Super easy! Super taste.

½ cup mayonnaise
1 Tbsp. honey
1 tsp. grated orange rind

Combine mayonnaise, honey and orange rind. Stir well. Serve with a medley of fresh fruits on a bed of bib lettuce.

Suggested fruits - strawberries, grapefruit, pineapple, avocado, melon, etc.

Yield: ½ cup

STUFFED LETTUCE

1 medium head of iceberg lettuce
Core lettuce and make a tunnel 1½" in diameter, right through lettuce.

Stuffing:

1 8-oz pkg. cream cheese, softened
1 Tbsp. mayonnaise
1 tsp. finely grated onion
¼ cup finely grated carrot
¼ cup minced green pepper
¼ cup tomato peeled, finely diced and drained
few drops Tabasco
½ tsp. salt

Combine stuffing ingredients. Pack firmly into hollow. Wrap lettuce in foil or plastic wrap. Chill. To serve slice cross-wise in ¾" pieces. Serve with Thousand Island dressing. (See page 70)

Serves 6

AVOCADO AND GRAPEFRUIT SALAD

3-4 medium avocados
3-4 grapefruit, peeled, seeded and sectioned
1 head Boston, Bib or Iceberg lettuce

Cut avocados in half lengthwise. Remove meat, leaving skin intact. Slice meat and combine with grapefruit sections. Divide equally among the shells. Arrange on lettuce and pour dressing over each salad.

Dressing:

2 cups salad oil
½ cup vinegar
6 Tbsp. sugar
1 small onion, grated
¼ cup sour cream
pinch of salt and pepper

Put all ingredients in covered jar and shake well.

Serves 6-8

STRAWBERRY ALMOND SPINACH SALAD

½ lb. spinach
1 pt. strawberries
2 oz. toasted almonds

Dressing:

¼ cup white sugar
2 Tbsp. sesame seeds
1 Tbsp. poppy seeds
1½ tsp. minced onion
1¼ tsp. worcestershire sauce
¼ tsp. paprika
¼ cup cider vinegar
½ cup vegetable oil

Tear spinach into bite-size pieces. Slice strawberries. In medium glass bowl mix gently spinach, strawberries and almonds. Combine dressing ingredients and mix in blender 20-30 seconds. Pour dressing over salad and marinate five minutes before serving.

Serves 4-6

RED CABBAGE SALAD

Perfect for a buffet

1 small head red cabbage, shredded or chopped very fine
3 green onions, chopped
1 cup frozen peas-sweet are best
1 cup toasted shredded almonds
1 pkg. chicken flavoured Sapporo Ichiban soup mix, noodles only

Prepare and combine salad ingredients in a large glass bowl. Crush noodles from soup mix and sprinkle over salad.

Dressing:

⅓-½ cup Crisco oil
3 Tbsp. white vinegar
1 Tbsp. sugar
salt and pepper to taste
seasonings from Sapporo Ichiban soup mix

Combine oil, vinegar, sugar and seasonings. Mix well. Add dressing to salad one hour before serving. Salad may be prepared several hours ahead. Cover and store in refrigerator.

Must be prepared ahead. Serves 12

MARDI-GRAS SLAW

3-4 cups shredded cabbage
1 cup shredded carrots
3 green onions, chopped
½ cup chopped sweet red (and yellow) peppers
1 apple, peeled and coarsely chopped
½ cup sultana raisins
½ cup pineapple tidbits

Mix salad ingredients. Quantities of salad ingredients can be changed to suit the chef (ie. less cabbage and more fruit and peppers).

Dressing:

⅓ cup fresh orange juice
⅓ cup safflower or peanut oil
¼ cup fresh lemon juice
1 Tbsp. honey
½ tsp. curry powder
1 tsp. salt

Place in a jar. Cover and shake well. Add dressing to salad ingredients at least ½ hour before serving. Before serving, drain slaw. Serve in a glass bowl. Mayonnaise or a creamy dressing can be added now if you prefer a creamy coleslaw.

Note 1-the longer the salad marinates, the softer the cabbage becomes.
2-dressing can be saved for use again if desired.

Serves 8-10

HERBED TOMATOES

5-6 ripe tomatoes, sliced
⅓ cup olive oil
½ cup vinegar
¼ cup chopped green pepper
½ tsp. salt
⅛ tsp. pepper
1 tsp. thyme
1 clove garlic, crushed
1½ tsp. sugar

Place tomatoes on large serving platter. Mix remaining ingredients and drizzle over tomatoes. Cover and refrigerate for at least six hours.

Serves 8-10

LAYERED FRUIT SLAW

Prepare ahead. Great for a summer luncheon

3 cups finely shredded cabbage
2 cups finely shredded lettuce
1 tsp. poppy seeds
1 15¼-oz. can pineapple chunks, well drained
1½ cups seedless red grapes, halved
1 medium cantaloupe, peeled, seeded, and cut into balls or cubes
1¼ cups mayonnaise or salad dressing
dash of ground nutmeg
shredded orange peel
pecan halves

Toss together the cabbage, lettuce and poppy seeds. In a 2½ or 3 quart clear glass bowl place about ⅓ of the cabbage mixture. Top with a layer of pineapple. Sprinkle grapes over the pineapple. Top with another ⅓ of the cabbage mixture. Layer melon balls over second cabbage layer. Top with remaining cabbage mixture.

Stir together mayonnaise or salad dressing with nutmeg. Spread over top layer covering cabbage, to edge of bowl. Cover and chill up to 24 hours. Sprinkle with shredded orange peel: top with pecan halves before serving.

Serves 12

CRAB LOUIS

2 cups crabmeat
2 hard boiled eggs, quartered
lettuce leaves
shredded lettuce

Dressing:

1 cup mayonnaise
¼ cup whipping cream
¼ tsp. Worcestershire sauce
¼ cup chopped green onion
¼ cup chopped green pepper
1 Tbsp. lemon juice
2 Tbsp. ketchup

Combine all dressing ingredients and mix well. Place in glass jar. Refrigerate. Immediately before serving, using a large serving bowl or individual salad plates, line with lettuce leaves, shredded lettuce, followed by crabmeat and dressing. Garnish with the quartered eggs.

Serves 4

SHRIMP LOUIS SALAD

Romaine lettuce-inside tender leaves
1 red pepper, julienned
2 tomatoes, quartered
1 lb. asparagus, cooked barely tender
1 lb. Zipper back shrimp, cooked and chilled
1 lemon quartered
½ cup caesar salad flavoured croutons

Dressing:

⅔ cup mayonnaise
¼ cup ketchup
¼ cup chili sauce
1 tsp. Worcestershire sauce
1-2 tsp. horseradish
1-2 tsp. hot thai sauce. (hot pepper sauce)
1 tsp. each of tarragon, basil and parsley
½ tsp. dry mustard
3 Tbsp. sweet pickle juice
¼ cup chopped onion
salt and pepper to taste

Mix all salad dressing ingredients together and let set several hours to blend flavours.

Just before serving decorate salad plates beginning with the Romaine lettuce arranged in a star pattern, followed by red pepper, tomatoes and asparagus colourfully placed. Chop remaining Romaine lettuce and place in centre of each salad. Place shrimps on top of Romaine. Gently spoon dressing over salad. Garnish with lemon and croutons. Serve immediately. Pass the extra dressing.

Serves 4

ORIENTAL SALAD #1

1 10-oz. pkg. frozen peas, cooked
1 cup long grain rice, prepared and cooled
1 cup cooked shrimp, split in half lengthwise or
2 4½-oz. cans of shrimp, drained
1½ cups finely chopped celery
¼ cup finely chopped onion

Dressing:

½ cup salad oil
3 Tbsp. cider vinegar
1 Tbsp. soya sauce
2 tsp. curry powder
1 tsp. salt
½ tsp. celery seed
½ tsp. sugar

Prepare and mix, peas, rice, shrimp, celery and onion and chill several hours. Combine salad dressing ingredients and chill. Add dressing to rice mixture just before serving.

Serves 10-12

BEAN MEDLEY

1 can white corn, drained
1 cup small frozen peas, cooked al dente
1 can cut green beans, drained
1 small jar pimentos, chopped
1 cup diced onion
1 cup chopped bell pepper
1 cup chopped celery

Heat to boiling the following, then cool:

1 cup vinegar
1 cup sugar
¾ cup oil
1 tsp. salt
1 tsp. pepper
2 Tbsp. water

Place vegetables in bowl. Pour over cooled dressing. Mix well and refrigerate overnight. Drain before serving.

Yield: 6 cups

ORIENTAL SALAD #2

On a cookie sheet spread out evenly:

½ cup sliced almonds
¼ cup unsalted sunflower seeds
3 Tbsp. sesame seeds

Toast under broiler till golden. Set aside to cool

In a very large salad bowl combine and refrigerate:

2 cups shredded green cabbage
1 cup bean sprouts
½ cup sliced mushrooms
3 green onions, chopped

Dressing:

½ cup vegetable oil
2 Tbsp. soya sauce
3 Tbsp. white vinegar
1 tsp. sugar
1 tsp. sesame oil
flavour package from Itchiban Soup (original flavour), or brand of choice

Note: Set aside dry noodles from package

In measuring cup mix dressing ingredients well and let stand for 20 minutes.

Break up the noodles from Itchiban Soup package. Immediately before serving, mix dry noodles and toasted seed mixture in with vegetables. Add dressing and toss well.

Serves 6

PINK AND GREEN SUMMER SALAD

Pretty served in a glass bowl

1 bunch Romaine lettuce
½ cup red onion, thinly sliced
1 cup strawberries, leave whole if very small or cut in half if large
½ cup alfalfa sprouts
¼ cup peanuts, coarsely chopped

Wash and dry lettuce. Tear into pieces and toss in bowl with onion, strawberries and alfalfa sprouts. Refrigerate.

Dressing:

1 cup salad oil
⅓ cup vinegar
1 tsp. salt
¼ tsp. pepper
1 tsp. dry mustard
¼ tsp. paprika
1 clove garlic, minced
1 Tbsp. sugar

Put all dressing ingredients in bottle with tight lid and shake to blend thoroughly. Add to salad just before serving, and toss. Sprinkle chopped peanuts on top.

Variation: use a combination of Romaine and Boston lettuce.

Serves 4-6

ASPARAGUS SALAD MOLD

Very refreshing - great summer salad

1 3-oz. pkg. lime jello
½ cup boiling water
1 10-oz. can of asparagus soup
½ cup salad dressing
2 tsp. vinegar
1 tsp. grated onion
½ cup shredded unpeeled cucumber
¼ cup diced celery
1 Tbsp. chopped parsley

Mix jello with boiling water. Add soup and heat gently until just mixed. Remove from stove. Beat until smooth. Add salad dressing, vinegar and vegetables. Pour into oiled mold and chill until firm.

Serves 8

EGG SOUFFLÉ SALAD

A nice luncheon dish

1 small lemon jello
1 cup hot water
1 Tbsp. lemon juice
1 tsp. grated onion
½ cup cold water
1 egg, hard boiled and sliced
¼ cup Hellman's mayonnaise
½ cup diced celery
3 eggs, hard boiled and diced
1 Tbsp. diced green pepper
1 Tbsp. diced pimento

Dissolve lemon jello in 1 cup of hot water. Add lemon juice, grated onion and cold water. Arrange sliced hard cooked egg in bottom of small mold and pour small amount of jello mixture over egg to cover. Chill until set. Mix mayonnaise, diced celery, eggs, green pepper and pimento to balance of jello mixture. Pour over lemon layer and chill until set.

Serves 4

MOLDED BEET SALAD

1 16-oz. can shoestring beets
1 3-oz. pkg. lemon flavoured gelatin
¼ cup sugar
¼ cup vinegar
1 Tbsp. horseradish

Drain beets reserving juice. Measure juice and add enough water to make 1½ cups of liquid. Bring liquid to a boil. Remove from heat, add gelatin, sugar, vinegar, and horseradish. Stir until gelatin and sugar are dissolved. Add beets, pour into mold and refrigerate until firm. Serve with mayonnaise to which you have added some red wine or vinegar to taste.

Serves 6-8

MOLDED GAZPACHO SALAD WITH AVOCADO CREAM

2 envelopes gelatin
4½ cups tomato juice, divided
¼ cup wine vinegar
1 clove garlic, crushed
2 tsps. salt
¼ tsp. pepper
dash of cayenne pepper
2 large tomatoes, peeled, chopped and drained
½ cup finely chopped green onion
¾ cup finely chopped green pepper
¾ cup, peeled, finely chopped cucumber, drained
¼ cup finely chopped pimento
parsley

Soften gelatin in 1 cup tomato juice for 5 minutes. Heat until mixture simmers and gelatin is dissolved. Remove from heat and add remaining tomato juice, vinegar, garlic, salt, pepper and cayenne. Chill until mixture begins to set. Fold in tomatoes, onion, green pepper, cucumber and pimento. Pour into an oiled six cup ring mold. Chill until firm. Unmold salad, garnish with parsley. Serve with Avocado Cream.

Avocado Cream:

⅓ cup mashed ripe avocado
½ cup sour cream
dash of salt
dash of cayenne pepper

Combine ingredients and blend well.

Serves 6-8

EASY TOMATO ASPIC

1 small pkg. lemon jello
1 cup boiling water
1 cup V-8, E.D. Smith vegetable juice or clamato or extra spicy clamato juice
1 cup combined shredded zucchini, carrot and finely chopped green pepper
Garnish: sliced olives and cucumber slices

Dissolve jello in boiling water. Add vegetable juice. Chill until slightly thickened. Add mixed vegetables. Pour into mold (3 cup). Chill until firm. Serve with mayonnaise or cottage cheese. Garnish with sliced olives and cucumber slices.

Serves 6-8

GINGERED ORANGE SALAD

1 4-oz. pkg. cream cheese, softened
1 tsp. grated orange rind
2 Tbsp. chopped candied ginger
1 Tbsp. orange juice
1 3-oz. pkg. orange gelatin
1 cup boiling water
¾ cup ginger ale
1 cup fresh orange sections
½ cup mini marshmallows

Mix and blend well the cream cheese, orange rind, ginger and orange juice. Dissolve gelatin in boiling water and add ginger ale. Add ¼ cup gelatin mixture to the cheese mixture. Pour cheese mixture into a small mold and let set until sticky. Let remaining orange gelatin set slightly, then add orange pieces and marshmallows. Gently smooth on top of cream cheese mixture which has partially set. Chill until firm.

Variations: use mandarin oranges
use less marshmallows when doubling recipe.

Serves 4-6

PINEAPPLE-CRANBERRY JELLO SALAD

1 19-oz. can crushed pineapple
1 3-oz. pkg. lemon jello
8 oz. sour cream
1 pkg. plain gelatin
¼ cup water
1 14-oz. can cranberry sauce

1st layer:
Drain pineapple-reserve juice. Add water to juice to measure 1½ cups of liquid. Bring liquid to a boil and dissolve lemon jello in it. Remove from heat. Place pineapple in bottom of jello mold. Pour enough lemon jello over pineapple to barely cover. Let set.

2nd layer:
Beat remaining lemon jello liquid with sour cream. Pour over pineapple layer. Let set.

3rd layer:
Dissolve gelatin with ¼ cup boiling water. Add to cranberry sauce and beat until rosy pink in colour. Pour over sour cream layer. Let set.

Serves 8

SHRIMP MOUSSE

Better if made two days before serving

1 10-oz. can tomato soup
1 8-oz. pkg. cream cheese
1½ cups chopped celery
¼ cup chopped parsley
1 small onion, finely chopped or grated
½ tsp. salt
1 can small shrimp (not cocktail)
2 Tbsp. gelatin
½ cup cold water
2 Tbsp. vinegar
1 cup mayonnaise

Bring tomato soup to a boil and take off stove. Add cream cheese to soup and stir until melted. Add celery, parsley, onion, salt and shrimp to soup mixture. Dissolve gelatin in cold water. Add vinegar and mayonnaise to gelatin. Fold gelatin mixture into tomato soup mixture. Pour into a mold. Chill until set.

Suggestions: Chop shrimp to size of your choice.

Serves 10

CREAMY MOLDED SALAD

1 3-oz. pkg. lime or lemon gelatin
1¼ cups crushed pineapple, drain and reserve juice
2 Tbsp. lemon juice
1 7½-oz. can evaporated milk
½ cup chopped celery
1 cup cottage cheese (small curd) or 4 oz. pkg. cream cheese
½ cup mayonnaise
¼ cup chopped nuts

Drain crushed pineapple well. Add lemon juice to pineapple juice and enough water to measure 1 cup of liquid. Heat liquid to boiling point. Pour over jello powder and stir until dissolved. Add evaporated milk, pineapple, celery, cottage cheese, mayonnaise and chopped nuts. Pour into a 1½ qt. mold. Chill until firm.

Serves 12

CREAMY BLUE CHEESE DRESSING

¼ lb. soft blue cheese
3 Tbsp. light cream
½ cup mayonnaise or salad dressing
1 tsp. prepared mustard
½ tsp. salt
½ tsp. black pepper
¼ cup wine vinegar
6 Tbsp. salad oil

Combine blue cheese and cream with a fork until smooth. Place in jar with rest of ingredients. Shake until well blended and very creamy. Refrigerate. Will keep one week in refrigerator.

Variation: Add additional chunks of blue cheese when serving.

Yield: 2 cups

INNIS' SALAD DRESSING

Prepare ahead. Flavour improves.

2 eggs
2 oz. whole anchovies
1½ Tbsp. mayonnaise
½ Tbsp. hot or Dijon mustard
juice of one lemon (3 Tbsp.)
1 small onion, finely minced
2 cups olive oil or vegetable oil
2 tsp. grated Parmesan cheese
1 clove garlic, finely minced
salt and pepper to taste

Place all ingredients, except oil, in blender or processor and blend well. Add oil very gradually, blending continually and gradually adding speed until all oil is used. This will be quite thick. If a thinner dressing is desired, sour cream, yogurt or more lemon juice may be added.

Yield: 1 pint

THOUSAND ISLAND DRESSING

Serve on greens - a favourite from Cook Book II

9 stuffed olives
2 hard-boiled eggs
½ medium onion
½ cup sweet pickle relish
1 pint mayonnaise
¾ cup ketchup
½ tsp. salt
pepper
½ tsp. paprika
dash garlic powder

Combine olives, eggs and onion and put through food chopper. Add remaining ingredients and mix well together. Refrigerate.

Yield: 3 cups

CREAMY GARLIC DRESSING

2 tsp. lemon juice
2 tsp. white vinegar
pinch of salt
2-3 turns of black pepper
2 cloves of garlic
2-3 drops of Tabasco
3 Tbsp. Dijon mustard
1 tsp. white sugar
3 slices of red onion
⅓ cup buttermilk (half and half cream may be substituted)
½ cup olive oil

Combine all ingredients except olive oil in blender and blend well. Then gradually add olive oil while motor is running.

Yield: 2 cups approx.

ROMAINE SALAD DRESSING

A good all round oil and vinegar dressing

3 cloves garlic, finely minced
1 egg yolk
2-3 Tbsp. red wine vinegar
⅓ cup olive oil
1 Tbsp. Dijon mustard
3 anchovy fillets, drained and chopped, optional
⅓ cup grated Parmesan cheese
black pepper

Put all ingredients in a jar and mix well.

Yield: 1 cup

SALAD DRESSING

Serve on your favourite green salad

1 cup salad oil
1 cup vinegar
1 cup white sugar
2 Tbsp. ketchup
4 Tbsp. chili sauce
1 onion, chopped fine
1 clove garlic, diced
2 tsp. salt

Blend all ingredients together in blender. Store in glass jar and shake well before adding to salad.

Yield: 3 cups

ROSE AND THISTLE HOUSE DRESSING

⅓ cup cider vinegar
1 cup salad oil
½ tsp. garlic powder or 1 clove garlic, crushed
½ tsp. dry mustard
½ tsp. salt
⅓ cup brown sugar
1 Tbsp. honey
good dash of Worcestershire sauce
dash of pepper

Place all ingredients in processor and blend for 1-2 minutes. Store in glass jar. Refrigerate.

Yield: 1¾ cups

ROMAINE LETTUCE WITH HOT ORANGE DRESSING [M]

¼ cup chopped green onions
⅔ cup vegetable oil
⅓ cup white vinegar
1½ Tbsp. sugar
¼ tsp. celery seed
½ tsp. pepper
1 10-oz. can mandarin orange sections, drained
Romaine lettuce, bite-size pieces
¼ cup toasted slivered almonds

Combine green onions, oil, vinegar, sugar, celery seed and pepper in 2 cup measure. Microwave on high (100%) for 1-2 minutes stirring twice. Gently stir in oranges. Spoon onto lettuce. Sprinkle with toasted almonds and serve immediately. (Leaf lettuce or spinach may be substituted for Romaine.)

Serves 4

WARM GERMAN CAESAR POTATO SALAD [M]

6 cooked red potatoes (peeled or unpeeled)
1 small head Romaine lettuce
½ cup olive oil
1 clove garlic, minced
2 Tbsp. lemon juice
2 Tbsp. finely chopped fresh parsley (or 1 tsp. dried)
2 tsp. Worcestershire sauce
1 Tbsp. prepared mustard
salt and freshly ground pepper
¼ cup freshly grated Parmesan cheese
¼ cup garlic croutons
bacon bits (optional)

Cut cooked potatoes into 1" cubes. Wash and dry lettuce leaves. Tear into bite-size pieces and place in large salad bowl. Heat oil and garlic in a microwave dish (pie plate) on Medium High power for 2 minutes. Stir in lemon juice, parsley, Worcestershire sauce, mustard, salt and pepper to taste. Stir in diced potatoes. Microwave on Medium High power for 2 minutes, stirring halfway through. Pour over lettuce and toss well. Sprinkle with Parmesan cheese and toss again. Top with garlic croutons and bacon bits. Serve immediately.

Serves 6

Nasturtiums, 1959
Kenneth Saltmarche (b. 1920)
oil on masonite, 29.3 cm x 19.0 cm
Purchased with funds from the Volunteer Committee, 1994

Kenneth Saltmarche came to Canada from Wales in 1924 with his family and settled in Windsor, Ontario where the artist still lives today. He obtained his honours diploma in Fine Arts from the Ontario College of Art in Toronto in 1945 and in 1946 pursued a further year of study at the Art Students' League in New York. For forty years he served as the Art Gallery of Windsor's first director and curator. During this time he established one of the finest public collections in Canada.

Amidst his various interests and professional commitments as an arts administrator, Saltmarche always made time for painting. This early floral subject was done while the artist was in Mexico on a four-month leave of absence from the Gallery in 1959.

Eggs, Cheese and Pasta
Triple Cheese Pie with Chunky Sauce
Southern Corn Bread
Spaghetti with Shrimp, Scallops & Red Peppers

EGGS, CHEESE AND PASTA

Angel Hair Pasta Parmesan 89
Apricot Quiche 78
Asparagus Pie 82
Banana Orange French Toast 78
California Fettucini 90
Cheese Puff 84
Cheesy Stuffed Pasta Shells 88
Classic Fettucini Alfredo 91
Cottage Noodle Bake 80
Crescent Rolls Zucchini Quiche 82
Danish Cheese Tart 86
Easy Delicious Tortellini 80
Egg Foo Yung 81
Layered Mediterranean Pie 85
Linguini Noodle Casserole 92
Linguini with Clam Sauce 91
Linguini with Pesto 92
Make-Ahead Eggs Benedict 77
Quick Ham, Cheese and Eggs 79
Rotini with Red Onions 86
Salmon and Potato Strata 79
Salmon Cannelloni 87
Spaghetti with Clams and Tomatoes 89
Spaghetti with Shrimps, Scallops and Red Peppers 90
Spinach and Mushrooms in Brandy Cheese Sauce 84
Tomato Cheese Pie 85
Triple Cheese Pie with Chunky Sauce 83
Woodchuck 77

MAKE-AHEAD EGGS BENEDICT

4 English muffins, split and toasted
16 thin slices Canadian style bacon
8 eggs
¼ cup butter or margarine
¼ cup all-purpose flour
1 tsp. paprika
¼ tsp. pepper
2 cups milk
2 cups shredded Swiss cheese
½ cup dry white wine
½ cup crushed cornflakes
1 Tbsp. butter, melted

In 13" x 9" x 2" baking dish, arrange muffins, cut side up. Place 2 bacon slices on each muffin. Poach eggs lightly and place 1 egg on each muffin stack. Set aside. Sauce: Melt ¼ cup butter. Stir in flour, paprika and pepper. Stir in milk, cooking until thickened. Add cheese and wine and cook until smooth. Carefully spoon sauce over eggs. Mix cornflakes with melted butter and sprinkle over all. Bake uncovered in 375° oven for 20-25 minutes. Can be prepared one day ahead.

Serves 8

WOODCHUCK

Lovely served for lunch, with a salad

4 cups medium white sauce
¼ tsp. salt
¼ tsp. pepper
⅛ tsp. cayenne pepper (or to taste)
1 lb. sharp Cheddar cheese, grated
1 lb. mushrooms
4 Tbsp. butter
6 hard-boiled eggs, halved
1 5-oz. can Chinese fried noodles

Season white sauce with salt, pepper and cayenne. Add cheese, stirring over low heat until melted. Sauté mushrooms in butter in small frying pan for 5 minutes. Add eggs and mushrooms to sauce. Stir in half the noodles. Pour into buttered 2 qt. casserole and top with remaining noodles. Bake at 350° for 30 minutes.

Variation: Substitute for eggs (or add) 2 cups cooked chicken or smoked chipped beef.

Serves 10

BANANA ORANGE FRENCH TOAST

½ cup milk
4 eggs
1 small banana
2 Tbsp. frozen orange juice concentrate, thawed
8 slices day-old bread
1 Tbsp. butter

Combine milk, eggs, banana and orange juice concentrate in blender. Blend until smooth. Place bread slices in large shallow pan. Pour egg mixture over bread. Turn slices over once and refrigerate 30 minutes. Melt butter in frypan. Cook soaked bread slices 2 at a time, until golden on both sides. Add more butter to pan as necessary. Serve with:

Buttery Orange Marmalade Sauce:

½ cup butter
½ cup orange marmalade

Combine butter and marmalade in small saucepan. Cook and stir over low heat until smoothly combined. Keep warm.

Serves 8

APRICOT QUICHE

1 unbaked 9" pastry shell
1 Tbsp. soft butter
½ cup grated Swiss Cheese
½ cup chopped dried apricots
½ cup chopped cooked ham
4 eggs
1 cup heavy cream (or half and half)
1 cup milk
½ tsp. salt
⅛ tsp. nutmeg
dash freshly ground pepper

Preheat oven to 425°. Spread butter over bottom of pastry shell. Sprinkle with cheese. Top with ham and apricots. Beat eggs, stir in cream, milk and seasonings. Pour into shell. Bake at 425° for 10 minutes. Reduce heat to 325° and bake 35-40 minutes longer until knife inserted in centre comes out clean.

Serves 6

SALMON AND POTATO STRATA

1 7.5-oz. can red salmon, mashed
1 onion, chopped
2 stalks celery, chopped
4 eggs, slightly beaten
1⅓ cups milk
½ tsp. salt
¾ tsp. paprika
½ tsp. dried tarragon,
½ tsp. pepper
4 potatoes, peeled and thinly sliced
½ cup dry bread crumbs
¼ cup freshly chopped parsley
2 Tbsp. butter

Mix well the salmon, celery, onion, eggs, milk, paprika, salt, pepper and tarragon.

In greased casserole (2 L. size) arrange half the potatoes. Pour salmon mixture over and arrange remaining potatoes over top. Combine parsley and bread crumbs. Sprinkle over potatoes and dot butter over top. Bake uncovered at 350° for 75 minutes until potatoes are tender.

Serves 5-6

QUICK HAM, CHEESE AND EGGS

Delicious with muffins and fruit salad

¾ cup chopped ham
1½ cups seasoned croutons
1½ cups grated old cheese
4 eggs
2 cups milk
½ tsp. salt
⅛ tsp. pepper

Lightly grease an 8″ square pan. Cover bottom with ham, croutons and cheese. Blend together eggs, milk, salt and pepper. Pour over ham layer. Sprinkle generously with paprika. Bake at 350° for 35-45 minutes. Cut into squares.

Serves 4-6

EASY DELICIOUS TORTELLINI

1 lb. frozen tortellini, cooked al dente
2 Tbsp. olive oil
2 cloves garlic, minced
2 green peppers, chopped
1 red pepper, chopped
½ cup onions, chopped
2 cups mushrooms, sliced
1 large can tomatoes
1 can zesty spaghetti sauce
3 Tbsp. sugar
½ cup red wine
1 tsp. each basil, oregano, parsley
1 can pitted black olives, drained
½ cup freshly grated Parmesan cheese

Sauté garlic, peppers, onions and mushrooms in olive oil in large pot. Add tomatoes and spaghetti sauce and simmer several hours. Add sugar, wine and seasonings and continue to simmer 10 minutes. Add olives to sauce to warm. Pour sauce over tortellini in large serving bowl and sprinkle with Parmesan cheese.

Serves 8

COTTAGE NOODLE BAKE

A side dish

8 oz. medium egg noodles, cooked and drained
¼ cup butter
1 cup chopped celery
½ cup finely chopped onion
2 cups cottage cheese or Ricotta cheese
½ cup sour cream
1 tsp. salt
1 Tbsp. Worcestershire sauce
¼ tsp. Tabasco
pepper to taste
¼ cup grated Parmesan cheese

Melt butter in small skillet. Add celery and onion and sauté 5 minutes. Combine noodles, sautéed vegetables, cottage or Ricotta cheese, sour cream, salt, Worcestershire sauce, Tabasco and pepper. Turn into buttered 1½ qt. casserole. Sprinkle Parmesan cheese over top. Bake at 350° for 15-20 minutes.

May be frozen

Serves 6

EGG FOO YUNG

2 Tbsp. oil
1 onion, finely chopped
1 medium carrot, finely chopped
8 oz. shrimp, cooked
6 eggs, beaten
½ tsp. salt
⅛ tsp. pepper
1½ tsp. sherry
1½ tsp. soya sauce
1 cup bean sprouts, chopped slightly
1 Tbsp. chopped green onions

Sauté onions and carrots in oil in large skillet. Remove from pan and set aside with shrimp, to warm the shrimp. Add seasonings, sherry and soya sauce to beaten eggs. Add sprouts and green onions to mixture. If necessary, add a little more oil to skillet and heat to medium. Pour egg mixture into skillet and continue to cook on medium. When almost set, add shrimp, onions and carrots to one half of egg and fold other half over top. Serve with Hot Sauce or "Chunky Tomato Sauce." (Page 83)

Hot Sauce:

1 Tbsp. soya sauce
1 Tbsp. cornstarch
1½ cups chicken broth
2 tsp. molasses

Mix all together. Cook over medium heat until thickened. Keep warm until Egg Foo Yung is cooked, and then pour over.

Serves 2

ASPARAGUS PIE

A welcome Spring luncheon dish

9" pie shell
2 cups fresh asparagus, chopped
4 hard-cooked eggs, sliced

White Sauce:

4 Tbsp. butter
4 Tbsp. flour
½ tsp. salt
2 cups milk
½ tsp. curry powder
½ tsp. celery salt
½ tsp. green pepper, minced
½ tsp. lemon juice
½ cup Cheddar cheese, grated

Bake pie shell at 400° for 9 minutes. Put alternate layers of asparagus and eggs in pie crust. Make white sauce and add remaining ingredients, except cheese. Pour sauce over asparagus and eggs, using fork to put sauce down inside ingredients without breaking eggs. Smooth out to edges. Sprinkle cheese over top. Bake at 350° for 45 minutes. Let stand 10 minutes before serving.

Serves 6-8

CRESCENT ROLL ZUCCHINI QUICHE

Excellent luncheon dish

8 oz. pkg. crescent rolls
4 cups unpeeled zucchini, sliced ⅛" thick
1 cup coarsely chopped onion
½ cup butter
¼ tsp. each salt, pepper, garlic powder, basil and oregano
2 large eggs
8 oz. grated Mozzarella or Muenster cheese
2 tsp. prepared mustard

Unroll crescent rolls and place in pie plate to form a crust. In frying pan sauté zucchini and onion in butter. Add salt, pepper, garlic powder, basil and oregano and toss lightly. In bowl, beat eggs. Add cheese and mustard and stir together. Pour zucchini mixture into pie shell, then pour egg mixture over top. Bake at 375° for 20-30 minutes. Let stand for 10 minutes before cutting.

Serves 6-8

TRIPLE CHEESE PIE WITH CHUNKY SAUCE

1 baked 9" pie shell

Filling:

2 eggs
1 lb. Ricotta cheese
½ cup Mozzarella cheese, shredded
2 Tbsp. flour
½ tsp. basil
½ tsp. salt
¼ tsp. black pepper
2 Tbsp. grated chopped parsley
2 Tbsp. Parmesan cheese, grated

In bowl, beat eggs and add flour, Ricotta and Mozzarella cheeses, parsley, basil, salt and pepper. Beat until smooth. Spread over pie crust and sprinkle with grated Parmesan. Bake at 350° for 25-30 minutes, until filling is set. Broil for 2 minutes, or until golden. Serve with chunky sauce.

Serves 6

Sauce:

2 tsp. olive oil
2 carrots, diced
2 small zucchini, diced
1 onion, chopped
2 cloves garlic, minced
1 shake hot pepper flakes
½ tsp. each oregano and basil
¼ tsp. each salt and pepper
1 28-oz. can stewed tomatoes
2 Tbsp. tomato paste

Heat oil in large skillet. Sauté carrots, zucchini, onion, garlic, basil, oregano, hot pepper flakes, salt and pepper in covered skillet for five minutes, stirring occasionally. Mash tomatoes with tomato paste and add. Boil uncovered for 10 minutes or until thickened.

This sauce keeps well in refrigerator for two weeks.

Serves 6

SPINACH AND MUSHROOMS IN BRANDY CHEESE SAUCE

¼ lb. fresh spinach
2-3 cloves garlic, minced
2 cups onion, finely chopped
2 Tbsp. butter
1 tsp. salt
1 lb. mushrooms, chopped
freshly ground black pepper
1 Tbsp. flour
½ cup brandy
2 Tbsp. Dijon mustard
½ lb. Cheddar cheese, grated
2-3 Tbsp. chopped fresh parsley, for garnish
hot, toasted bread or English muffins

Wash and dry spinach and chop coarsely. In large saucepan, cook spinach with garlic and onion in butter and salt for 5 minutes. Add mushrooms and continue to cook 5 more minutes. Grind pepper over. Sprinkle in flour, stirring 5 minutes over low heat. Whisk brandy and mustard together and add to saucepan, stirring and cooking 10 minutes on medium heat. Turn to low and simmer undisturbed for 10 minutes. Sauce will thicken. Add cheese and cook another 10 minutes. Serve over toast or English muffins. Garnish with parsley.

Serves 6

CHEESE PUFF

A lovely luncheon dish or cut into 1" squares for hors d'ouvres.

1 lb. Monterey Jack cheese, shredded
2 cups Ricotta cheese
1 cup milk
1 cup flour
6 eggs, slightly beaten
½ cup melted butter (divided)

Preheat oven to 375°. Combine cheeses, milk, flour, eggs and ¼ cup butter. Brush remaining ¼ cup butter on sides and bottoms of 12" x 8" baking dish. Pour cheese mixture into dish and bake 40 minutes until golden and set. Cut into squares and serve.

May be frozen

Serves 6-8

TOMATO CHEESE PIE

1 9″ pastry shell, baked
3 medium tomatoes, sliced
1 tsp. salt
⅔ cup cottage cheese
2 eggs
1 cup grated Mozzarella cheese
¼ cup fresh parsley, chopped
1 Tbsp. fresh thyme leaves (or ¼ tsp. dried)
⅛ tsp. pepper
olive oil
parsley for garnish

Several hours ahead, sprinkle tomato slices with salt on both sides. Let drain on paper towels for 1-2 hours to remove excess moisture. In food processor or blender, purée cottage cheese, eggs, Mozzarella cheese, parsley and thyme. Add pepper. Spoon into prepared pie shell. Arrange tomato slices on top and brush with a little olive oil. Sprinkle chopped parsley over top. Bake at 350° for 50-60 minutes until set. If any liquid forms on surface, blot with paper towel. Garnish with parsley.

Serves 6

LAYERED MEDITERRANEAN PIE

Pastry for 2 crust 9″ pie
1 onion, chopped
1 clove garlic, minced
1 Tbsp. butter
1 10-oz. bag spinach, washed and stemmed
8 oz. sliced ham
8 oz. sliced Mozzarella cheese
1 red pepper, cut in strips
4 eggs, beaten

Prepare pastry and line 9″ pie plate. Sauté onion and garlic in butter 5 minutes until tender. Cook spinach until wilted. Drain well and stir into onion mixture. Lay ham slices over pastry in pie plate. Cover with cheese slices, then a layer of spinach, then red pepper strips. Pour eggs over all. Cover with top crust. Seal edges. Make slits in pastry for steam to escape. Bake at 400° for 35-40 minutes until golden.

Variation: Substitute a combination of grated cheese, bread crumbs and parsley, for top crust.

Serves 6

DANISH CHEESE TART

A savory cheese tart

1 cup whole-wheat flour
1 cup all-purpose flour
1 tsp. salt
2 Tbsp. caraway seeds
¾ cup shortening
5 Tbsp. cold water
1 small red onion, thinly sliced
1 Tbsp. vegetable oil
½ cup Blue or Danish cheese, crumbled
1 4-oz. jar chopped pimentos
10 asparagus spears, cut into 3" pieces
1 Tbsp. chopped chives
3 eggs
1 cup milk

Preheat oven to 350°. Combine first four ingredients in bowl. Add shortening and cut in with pastry blender until mixture resembles coarse crumbs. Sprinkle water 1 Tbsp. at a time. Toss with a fork until dough forms a ball. Press into a 11" x 7" fluted tart pan. In skillet, sauté onion in oil for 2-3 minutes. Arrange cheese, onion, pimento and asparagus in the shell. Sprinkle with chives. Beat eggs with milk until well-blended. Pour over ingredients in tart shell. Bake 55 minutes. Let stand 10 minutes before serving.

Serves 6

ROTINI WITH RED ONIONS

4 cups rotini, cooked and drained
2 Tbsp. oil
1 red onion, sliced
12 large mushrooms, sliced
6 green onions, chopped
1 small red pepper, sliced
⅔ cup Parmesan cheese
freshly ground black pepper

Sauté onion in oil in skillet. Add other vegetables and sauté until cooked but still crisp. Toss pasta in bowl with Parmesan cheese. Add vegetables and mix in gently. Grind pepper over all.

Serves 2-4

SALMON CANNELLONI

12-14 cannelloni

Filling:

1 15.5-oz. can salmon, drained and flaked
½ cup sour cream
2 green onions, chopped
½ tsp. grated lemon rind
¼ tsp. salt

Sauce:

3 Tbsp. butter
3 Tbsp. all-purpose flour
2½ cups milk
½ tsp. dried dill weed
2 Tbsp. lemon juice
½ tsp. salt
¼ cup shredded Swiss cheese
¼ cup pine nuts (optional)

Prepare cannelloni according to package directions. Combine filling ingredients and spoon into shells. Set aside. In saucepan melt butter. Stir in flour. Add milk, dill weed and salt. Cook and stir until smooth and bubbly. Remove from heat and stir in lemon juice. Pour thin layer in bottom of greased 13" x 9" x 2" baking dish. Arrange cannelloni in single layer and cover with remaining sauce. Sprinkle with cheese and pine nuts. Cover and bake at 350° 35-40 minutes. Remove cover and broil for 2 minutes until brown.

May be frozen Serves 6

CHEESY STUFFED PASTA SHELLS

¾ lb. jumbo pasta shells, cooked and drained

Sauce:

1 lb. ground beef
2 onions, finely chopped
4 cloves garlic, minced
1½ tsp. each dried basil and oregano
1 pinch hot pepper flakes
1 28-oz. can tomatoes, puréed
1 14-oz. can tomato sauce
salt and pepper to taste

Filling:

1 300g. pkg. frozen chopped spinach, thawed
1 lb. Ricotta cheese
1 cup freshly grated Parmesan cheese
1 cup shredded Mozzarella cheese
¼ cup chopped fresh parsley
2 green onions, chopped
2 eggs, beaten
1 tsp. basil
¼ tsp. each nutmeg, salt and pepper

Topping:

1 cup shredded Mozzarella cheese
¼ cup freshly grated Parmesan cheese

Sauce:

In large saucepan, cook and stir beef for 5 minutes. Remove from pan and set aside. Drain off fat. Add onions and garlic and cook 5 minutes on medium heat. Add basil, oregano, hot pepper flakes, tomatoes, tomato sauce and meat. Bring to boil and simmer, stirring often for 25 minutes until thickened. Season with salt and pepper.

Filling:

Press moisture from spinach. Combine spinach in bowl with remaining filling ingredients.

To assemble:

Pour half the sauce into a 13" x 9" baking dish. Spoon heaping Tbsp. of filling into each pasta shell. Arrange shells over sauce, stuffed sides up. Spoon remaining sauce over top. Sprinkle with Mozzarella and Parmesan as topping. Cover with tinfoil. Bake at 350° for 30 minutes. Uncover and bake an additional 20 minutes.

May be frozen

Serves 8

SPAGHETTI WITH CLAMS AND TOMATOES

1 lb. spaghetti, cooked al dente

Clam Mixture:

1 12-oz. tin of clams and liquid
2 cups water
¼ cup dry white wine
1 small onion, diced
2 bay leaves

In saucepan, combine ingredients. Boil 5 minutes. Drain, reserving ½ cup liquid. Discard bay leaves.

Sauce:

¼ cup butter
2 chopped shallots
2 cloves garlic, finely chopped
¾ cup dry white wine
2 Tbsp. chopped parsley
4 large tomatoes
¾ cup tomato paste
salt and pepper

In large skillet, sauté shallots and garlic in butter. Add wine and simmer 2 minutes. Add clam mixture, parsley and reserved liquid. Reduce by simmering for 2 minutes. Peel and chop tomatoes, adding them with tomato paste and seasoning. Simmer for 10 minutes. Toss with spaghetti and serve.

Serves 4-6

ANGEL HAIR PASTA PARMESAN

8 oz. angel hair pasta
4 Tbsp. butter
2 cloves garlic, thinly sliced
3 Tbsp. chopped Italian parsley
½ cup green and red pepper strips
salt and pepper to taste
1 oz. sun dried tomatoes
⅓ cup slivered Parmesan cheese

Cook pasta according to package directions. Melt butter and sauté garlic for 5 minutes over low heat. Add parsley and peppers and sauté for 2 minutes. Add to pasta with tomatoes, which have been softened in hot water. Season. Top with Parmesan cheese.

Serves 4

SPAGHETTI WITH SHRIMP, SCALLOPS & RED PEPPER

⅓ cup extra-virgin olive oil
3 cloves garlic, finely chopped
¼ tsp. hot red chili flakes
2 sweet red peppers, peeled and diced (optional)
1 lb. fresh scallops, cleaned and diced
1 lb. shrimp, shelled, cleaned and diced
1 tsp. salt
¼ tsp. freshly ground black pepper
¼ cup chopped parsley, or fresh basil
1 lb. spaghetti, cooked al dente
¼ cup fresh bread crumbs, toasted

Sauté garlic and chili flakes in hot oil. Add diced peppers and cook for 6-8 minutes. Add scallops and shrimps and cook 2-3 minutes or until seafood turns opaque. Add salt and pepper and ½ parsley or basil. Keep warm. Prepare spaghetti. Toss with sauce, bread crumbs and remaining parsley or basil. Adjust seasoning if necessary.

Serves 6-8

CALIFORNIA FETTUCCINI

1 pkg. frozen artichoke hearts (or can marinated hearts)
1 cup sliced mushrooms
1 large clove garlic, minced
1 tsp. dried basil
2 Tbsp. butter
1 cup Ricotta cheese
½ cup grated Parmesan cheese
¼ cup whipping cream
¼ cup shredded green onion
½ cup chopped walnuts
10 oz. fettuccini, cooked al dente, drained

Cook artichoke hearts according to package directions, drain and chill. Sauté mushrooms, garlic and basil in butter. Remove from heat and stir in Ricotta, Parmesan cheese, whipping cream, green onions and walnuts. Chill. Add artichoke hearts to pasta and pour sauce over. Toss to mix well.

Serves 6

CLASSIC FETTUCINI ALFREDO

12 oz. fettucini, cooked and drained
⅛ cup butter, softened
¼ cup heavy cream, room temperature (divided)
¾ cup Parmesan cheese, freshly grated (divided)
⅛ tsp. white pepper
shake ground nutmeg
shake grated Parmesan cheese

Cook and drain fettucini and return to hot pot. Combine hot fettucini with butter and toss to coat. Add half the cream and toss well. Add half the Parmesan cheese and toss well. Add remaining cream and toss well. Add remaining Parmesan cheese and seasonings and toss with 2 forks until fettucini is coated and sauce is creamy. Serve in warm pasta dish after sprinkling with Parmesan cheese.

Variations: Smoked Salmon Fettucini Alfredo. Add 75 ml. thinly sliced smoked salmon cut into strips.

Fettucini Alfredo with Shrimps or Scallops. In small skillet, sauté for 5 minutes:

2 Tbsp. butter
2 cloves garlic, pressed
6 oz. shrimps or scallops

Add to fettucini.

Serves 2-3 as a main course

LINGUINI WITH CLAM SAUCE

1 Tbsp. butter
1 Tbsp. olive oil
2 garlic cloves, minced
1 small onion, chopped
1 Tbsp. chopped parsley
¼ tsp. each oregano and pepper
1 10-oz. can clams, drained and rinsed
¼ cup dry white wine
½ cup heavy cream
sprinkle of grated Parmesan cheese
½ lb. linguine, cooked al dente

Sauté vegetables and seasonings in hot butter and oil for 3 minutes. Add clams and wine and cover. Simmer 12 minutes. Slowly stir in cream and heat until slightly thickened. Serve over linguine and sprinkle with Parmesan cheese before serving.

Serves 3-4

LINGUINI WITH PESTO

1 lb. linguini, cooked al dente
½ cup chicken stock
grated Parmesan cheese

Pesto Sauce:

1 cup fresh basil
2 sprigs marjoram
2 sprigs parsley
4 oz. pine nuts
2 cloves garlic
⅓ cup grated Parmesan cheese
⅓ cup grated Romano cheese
½ tsp. salt
2 Tbsp. butter
2 oz. olive oil

Chop all sauce ingredients finely in food processor. Transfer to large fry pan. Add ½ cup chicken stock and simmer 5 minutes. Add linguini and toss. Sprinkle with Parmesan cheese and serve. The Pesto sauce will keep in refrigerator for a week or two.

Serves 4

LINGUINI NOODLE CASSEROLE

2 8-oz. pkg. fresh linguine noodles, cooked al dente
6 cups medium white sauce
¼ cup Philadelphia cream cheese
6 med. carrots, cut in strips
1 head broccoli (florets only)
4 deboned chicken breasts (8 halves)
2 cloves fresh garlic, minced
pepper and salt to taste
sprinkle of Parmesan cheese

Prepare white sauce and add cream cheese. Stir until melted. Cook vegetables until tender crisp. Cut chicken breasts into strips and sauté in a little oil. Add garlic to chicken breasts at end of frying. Gently mix chicken, vegetables and sauce together. Add salt and pepper if necessary. Pour over cooked noodles. Sprinkle with Parmesan cheese before serving.

Serves 10

Portrait of Alice and Louise Cummings, "Music, when soft voices die, Vibrates in memory", n.d., (ca. 1886)
James Kerr-Lawson (1862-1939)
oil on canvas, 56.3 cm x 69.0 cm
Gift of Mr. and Mrs. William N. Tepperman, 1978

Portrait of Alice and Louise Cummings depicts the two daughters of James Cummings, once mayor of Hamilton and president of the city's Board of Education. Alice Cummings is seated on the left playing piano; Louise, shown standing, was later to become a prominent mathematics professor.

The artist James Kerr-Lawson, grew up in Hamilton, Ontario, and later spent much of his artistic career travelling throughout Europe. It was during a visit to Florence that Kerr-Lawson met the expatriate American painter, James McNeill Whistler (1834-1903), with whom he visited the famous Ufizzi Gallery. *Portrait of Alice and Louise Cummings* was greatly inspired by Whistler's *At the Piano* (1858: Taft Museum) in composition and use of monochromatic tones.

Casseroles
Creamy Ham and Chicken
Seafood Casserole

CASSEROLES

Beef and Rice Casserole with Crisp Topping 103
Chicken Cacciatore 99
Chicken and Mushroom Crêpes *(Microwave)* 113
Chicken Supreme 99
Chinese Rice Casserole *(Microwave)* 112
Crab Casserole Superb 110
Creamy Ham and Chicken 98
Curried Chicken Casserole 98
Curried Crab Divine 110
Fish Pie 108
Grand Style Ground Beef Casserole 105
Ham, Asparagus Casserole 109
Mexican Chili 107
Neapolitan Casserole 101
Orange Glazed Chicken with Pecan Pilaf 97
Overnight Six Layer Casserole 112
Pakistani Kima 102
Salmon and Shells Casserole 108
Salmon or Tuna Casserole 107
Sausage and Beef Chili 104
Sausage Bean Bake 105
Seafood Casserole 111
Spinach and Salmon Divan 109
Taglarinie 101
Turkey Pie 100
Veal Casserole 106

ORANGE GLAZED CHICKEN WITH PECAN PILAF

For easy preparation, make the sauce and rice pilaf a day ahead.

16 boneless, skinless, single chicken breasts
½ cup flour
½ tsp. each oregano, savory, basil and salt
¼ tsp. each rosemary, freshly ground pepper or lemon pepper
1 bay leaf, crushed

Rice Pilaf:

2-3 Tbsp. olive oil
1 clove garlic, chopped
3 medium onions, chopped
1½ lb. mushrooms, quartered or sliced
¾ cup toasted pecans
2 cups long grain rice, cooked

Orange Sauce:

¾ cup orange juice
1 Tbsp. grated orange rind
¼-½ cup dry white wine or vermouth
1 Tbsp. chicken broth mix
¼ tsp. celery seed

Pound chicken breasts to flatten, then roll each breast tightly into a neat package. Mix flour with herbs and spices. Coat the chicken rolls with the seasoned flour. Sauté garlic, onions and mushrooms in oil, remove from pan and set aside. Add chicken rolls to the pan and brown lightly. Remove from pan and set aside. Toast pecans in 300° oven for about 15 minutes, then chop coarsely. Meanwhile cook rice. Add mushroom/onion mixture and pecans to the rice. Spoon the rice pilaf in bottom of a large flat greased casserole. Mix all sauce ingredients and simmer 5 minutes. Spoon half of sauce over the rice, then lay chicken rolls over the top. Spoon rest of sauce over the chicken. Cover with foil and bake at 325° for 1-1½ hours or until chicken is tender.

May be frozen
May be prepared ahead

Serves 10-12

CURRIED CHICKEN CASSEROLE

Excellent for a buffet

2 cups cooked chicken, cubed
1 10-oz. can mushroom soup
⅛ tsp. curry powder or to taste
½ cup Hellman's mayonnaise
1 can water chestnuts, sliced thin
2 hard boiled eggs, diced
soft white bread crumbs, buttered
slivered almonds, toasted

Mix all ingredients together except crumbs and nuts. Refrigerate overnight covered. Turn into individual baking shells or 1½ qt. casserole. Sprinkle with crumbs and slivered almonds. Bake 350° for 35-40 minutes or until bubbly.

May be frozen Serves 4-6

CREAMY HAM AND CHICKEN

¼ lb. fresh mushrooms, sliced
4 whole green onions, chopped
¼ cup butter
1½ cups cooked ham, cubed
1 cup cooked chicken breast, cubed
½ tsp. salt
½ tsp. pepper
1 tsp. curry powder
1 cup sour cream
1 cup creamy cottage cheese
1½ cups angel hair pasta, cooked and drained
1 cup old Cheddar cheese, grated

Sauté in butter, mushrooms and onions until tender. Add ham, chicken, salt, pepper and curry. Heat through gently. Blend sour cream and cottage cheese and toss gently with spaghetti. Add ham mixture to spaghetti mixture. Place in buttered baking dish. Cover with cheese. Broil 15 minutes or until cheese is delicately browned.

Serves 4-5

CHICKEN CACCIATORE

4 chicken legs (about 2 lbs.)
1 Tbsp. olive oil
2 onions, chopped
2 carrots, chopped
2½ cups halved mushrooms (about ½ lb.)
2 cloves garlic, minced
1 bay leaf
1 tsp. basil
½ tsp. each oregano and thyme
1 19-oz. can tomatoes
1 8-oz. can tomato sauce
salt and pepper to taste
¾ lb. spaghetti
chopped parsley (optional)

Remove skin from chicken and discard, separate legs at joints. In large non stick skillet, heat oil over medium high heat. Brown chicken on all sides, 7 to 10 minutes. Remove and set aside. Reduce heat to medium. Add onions, carrots, mushrooms, garlic, bay leaf, basil, oregano and thyme. Cook, stirring for 3 minutes. Add tomatoes, breaking up with a spoon, and tomato sauce. Return chicken to skillet, bring sauce to boil. Sprinkle with salt and pepper. Put in casserole dish, cover and bake at 350° for 1 hour.

Meanwhile in large pot of boiling water, cook pasta until tender but firm. Drain. Serve chicken over pasta, garnish with parsley, if desired.

May be frozen Serves 4

CHICKEN SUPREME

4 cups cubed cooked chicken
¾ cup mayonnaise
¾ cup sour cream
1 10-oz. can cream of chicken or mushroom soup
1 Tbsp. lemon juice
1 10-oz. can mushroom pieces, drained
1 5-oz. can water chestnuts, drained and sliced
1 cup grated Cheddar cheese
1 cup French fried onions (Durkies)

Combine all ingredients except cheese and onion. Place in 13″ x 9″ x 2″ baking dish. Sprinkle with cheese. Bake at 350° for 30 minutes. Sprinkle with onions. Bake 15 minutes longer.

Serves 6-8

TURKEY PIE

Make one large pie or six individual pies

1 medium onion, sliced
2 carrots, sliced
½ cup chopped celery
1 clove garlic
2 cloves
2 cups chicken or turkey broth
¼ cup flour
¼ cup butter or margarine
2 cups light cream or evaporated milk
dash nutmeg
1 tsp. lemon juice
2 Tbsp. chopped pimento
3 Tbsp. chopped green pepper
1 tsp. basil
3-4 cups cubed cooked turkey
salt and pepper to taste
pastry for 1 crust or 1 pkg. refrigerator crescent roll dough

Cook vegetables, garlic and cloves in broth for 15-20 minutes. Remove garlic and cloves. Thicken broth with a roux of flour and butter. Blend in cream. Add nutmeg, lemon juice, pimento, green pepper, basil and turkey. Adjust seasonings. Pour into a 2 qt. casserole and top with crust. Glaze crust with milk, or cream. Slash crust to vent. Bake at 400° for 10 minutes, then at 350° 15-20 minutes, or until pastry is browned.

May be frozen Serves 6-8

TAGLARINIE

2 cups fine noodles
2 small onions, chopped
½ green pepper, chopped
2 cloves garlic, crushed
4 Tbsp. olive oil, divided
2 lbs. lean ground beef
3 Tbsp. chili powder
3 tins hot tomato sauce (22-24 oz.)
1 14-oz. can creamed corn
1 tin mushrooms, chopped
grated Mozzarella cheese
Tabasco sauce

Cook noodles and wash well. Brown onion, green pepper and garlic in ½ of olive oil. In remainder of oil sauté meat, drain fat and combine with onion, garlic, green pepper, chili powder and tomato sauce. Add 4-5 drops of tabasco to sauce. Simmer 1 hour. Add corn, mushrooms and noodles. Put in 3 qt. dish and cover with grated Mozzarella cheese. Heat in oven at 350° to melt cheese and serve hot.

May be frozen Serves 10 - 12

NEAPOLITAN CASSEROLE

1½ lbs. lean ground beef
1 cup chopped onion
1 cup chopped green pepper
2 cloves garlic, crushed
2 tsp. basil
½ tsp. ground fennel
2 Tbsp. white sugar
1½ tsp. salt
2 16-oz. cans plum tomatoes, undrained and chopped
1 lb. fresh spinach
1 lb. rigatoni pasta
1 cup grated Cheddar cheese

Sauté beef, onions, peppers, garlic, basil and fennel over medium heat. Cook until meat is brown and vegetables are tender. Add salt, sugar and tomatoes. Bring mixture to a boil then simmer uncovered for about 20 minutes until most of liquid is absorbed. Stir. Cook spinach about 5 minutes. Drain and set aside. Cook pasta until al dente. Drain. Add spinach and pasta to beef mixture and mix well. Put in 3 qt. casserole. Sprinkle with cheese. Bake uncovered at 350° for 30 minutes until bubbly.

May be frozen Serves 8

PAKISTANI KIMA

3 cups cooked basmati rice (1 cup raw)
2 cups frozen peas
1 lb. ground beef
1 cup chopped onion
1 garlic clove, crushed
1 19-oz. can tomatoes
1-2 Tbsp. curry powder, or to taste
1 tsp. salt
¼ tsp. pepper
½ tsp. ground cinnamon
½ tsp. ground ginger
½ tsp. turmeric
1 Tbsp. butter
2 bananas, sliced
½ cup toasted coconut
½ cup chopped peanuts
fruit chutney

Cook rice according to package directions and set aside. Thaw frozen peas under running water, but do not cook. Set aside. Brown beef, onions and garlic. Drain off excess fat. Stir in the tomatoes and seasonings and simmer for 5 minutes. Put beef mixture in 2 quart casserole, then a layer of peas and top with the rice. Dot rice with butter. Cover and bake at 350° for 20-30 minutes. Serve with condiments of bananas, coconut, peanuts and chutney.

Variation: Simmer beef tomato mixture for 25 minutes and serve over rice.

Serves 3-4

BEEF AND RICE CASSEROLE WITH CRISP TOPPING

1 lb. lean ground beef
2 cups sliced fresh mushrooms
¾ cup chopped onion
¾ cup chopped green pepper
1 large garlic clove, chopped
1 7½-oz. can tomato sauce
1 tsp. dried Italian seasoning, crushed
7 Tbsp. butter, divided
2 Tbsp. all-purpose flour
1 tsp. dry mustard
¼ tsp. salt
1 cup milk
1½ cups shredded, extra old Cheddar cheese
1½ cups cooked rice
¾ cup Rice Crispies, crushed
salt and pepper to taste

Sauté beef, mushrooms, onion, green pepper and garlic over medium heat until cooked. Drain fat. Stir in tomato sauce and Italian seasoning. Spoon into 2 qt. casserole. Set aside. In small saucepan, melt 2 Tbsp. butter. Blend in flour, mustard and salt. Gradually add milk, stirring and cooking over medium heat until sauce thickens. Remove from heat, add cheese and stir until melted. Add rice. Spoon over meat layer. Melt remaining butter and combine with Rice Crispies. Sprinkle over casserole. Bake at 350° for 15-20 minutes or until hot and bubbly.

May be frozen Serves 6

SAUSAGE AND BEEF CHILI

A hearty dish, filled with spicy rich flavour

1½ lb. ground beef
½ lb. hot Italian sausage (skin removed)
1 cup chopped onion
2 15-oz. cans red kidney beans (drained)
1 28-oz. can tomatoes, chopped
1 5½-oz. can tomato paste
1 cup chopped green pepper
1 cup thinly sliced celery
2 cloves garlic, minced
¼ cup ketchup
1 Tbsp. vinegar
2 tsp. salt, or to taste
¼ tsp. pepper
2-4 tsp. chili powder, or to taste
1 cup beer
Cheddar cheese, grated

Cook beef, sausage and onions until browned. Stir in beans, undrained tomatoes, tomato paste, green pepper, celery, garlic, ketchup, vinegar and seasonings. Cover and simmer 1½-2 hours. Add beer, and simmer another ½ hour (remove lid if chili is too liquid). Serve topped with grated Cheddar cheese.

Option: CHILI CASSEROLE. Mix half of the chili with 1 cup of macaroni that has been cooked and drained. Top with a mixture of grated Cheddar and crushed corn chips. Bake at 350° for 45 minutes, uncovered.

May be frozen Serves 6-8

SAUSAGE BEAN BAKE

A summer buffet or bar-b-que MUST!

1 lb. sausage, cooked and drained
1 16-oz. can green beans, drained
1 16-oz. can yellow beans, drained
2 16-oz. cans baked beans with onion and bacon
1 16-oz. can kidney beans, drained
1 16-oz. can red chili beans
1 16-oz. can lima beans, drained
1 cup chopped onion
½ cup chopped celery
½ cup brown sugar
1 Tbsp. prepared mustard
½ cup ketchup
1 10¾-oz. can tomato soup
¼ lb. bacon, cut into squares

Mix all ingredients together in 4 qt. casserole. Top with bacon. Cover and bake at 350° for 1 hour. Uncover and bake 1 hour.

May be frozen Serves 16

GRAND STYLE GROUND BEEF CASSEROLE

1½ lb. ground beef
1 cup chopped onion
1 8-oz. pkg. Philadelphia cream cheese, softened
1 10-oz. can cream of mushroom soup
¼ cup milk
1 tsp. salt
¼ cup ketchup
sliced stuffed olives (optional)
1 pkg. refrigerated butterflake dinner rolls

Brown meat. Add onions and cook until tender. Combine softened cheese, soup and milk. Add salt, ketchup, meat and onion. Pour into 2 qt. casserole. Bake at 375° for 10 minutes. Place rolls around edge of casserole. Top with olive slices. Bake at 375° for 15-20 minutes or until golden brown.

May be frozen Serves 6 - 8

VEAL CASSEROLE

2 lb. veal cutlets
1½ Tbsp. flour
½ tsp. salt
2 Tbsp. butter
1 cup chopped onion
4 potatoes, sliced very thin

Sauce:

1 Tbsp. butter
4 tsp. flour
1¼ cups chicken broth
½ tsp. Dijon mustard
2 tsp. grated lemon peel
1 tsp. brown sugar
½ tsp paprika
½ tsp. salt, dash of pepper
1 clove garlic, chopped
2 Tbsp. sherry

Rub cutlets with flour and salt. In 2 Tbsp. melted butter brown cutlets. Place in 2 qt. casserole. To prepare sauce, melt butter, add flour and blend until browned. Add broth and cook over medium heat stirring until thickened and smooth. Add remaining ingredients.

Assemble casserole layering onions and potatoes over veal. Pour sauce over potatoes. Cover and bake at 300° for 1½-2 hours.

Serves 4

MEXICAN CHILI

Chocolate is the secret ingredient

1½ lb. ground beef
1 medium onion, chopped
2 14-oz. cans tomato sauce
1 28-oz. can tomatoes
1 14-oz. can red kidney beans
1 tsp. chili powder
½ tsp. cumin
½ tsp. garlic powder
1 tsp. salt
¼ tsp. pepper
hot red pepper flakes to taste (optional)
1 tsp. granulated sugar
½ oz. unsweetened baking chocolate

Brown meat and onions. Add rest of ingredients and simmer 1-2 hours or to desired consistency.

May be frozen Serves 4-6

SALMON OR TUNA CASSEROLE

1 10-oz. can cream of celery soup
½ cup mayonnaise
¼ cup milk
¼ cup Parmesan cheese
1½ cups frozen peas
1 15-oz. can salmon or tuna
1 Tbsp. chopped onion
2 cups cooked noodles

Cook noodles in boiling salted water al dente. Combine soup, mayonnaise, cheese and milk. Stir in fish, peas, noodles and onion. Put in 6 cup casserole and bake at 350° for 35 minutes.

Serves 6

SALMON AND SHELLS CASSEROLE

1 large can salmon (14 oz.), drain and reserve juice
¼ cup butter
¼ cup flour
2 cups liquid (salmon juices plus enough milk to make 2 cups)
1 Tbsp. lemon juice
1½ tsp. onion flakes
½ tsp. salt
¼ tsp. Worcestershire sauce
1 cup grated sharp Cheddar cheese
1 cup vegetable pasta shells (size of your choice)
½ cup bread crumbs
1-2 Tbsp. melted butter or margarine

Cook pasta shells in boiling water until tender (according to package directions). Drain. Drain salmon, reserving juice. In saucepan, melt butter, add flour and cook for about 1 minute. Add milk and reserved salmon juice (2 cups in all) slowly, stirring until thickened. Stir in lemon juice, onion flakes, Worcestershire sauce, and salt. Fold in salmon, shells and grated cheese. Turn into buttered 1.5 L casserole dish. Melt butter or margarine and stir into breadcrumbs. Top casserole with the buttered crumbs. Bake at 325° for 20-25 minutes or until bubbly and browned.

Serves 4 - 6

FISH PIE

1 large onion, chopped
2 cloves garlic, crushed
3 cups mashed potatoes
2 cups flaked cooked cod or halibut
1½ cups medium white sauce
1 cup grated Cheddar cheese
salt and pepper to taste

Sauté crushed garlic and onion without browning. Add to mashed potatoes. Spread potatoes on bottom and right up side of casserole dish. Put a layer of fish that has been flaked, then a layer of white sauce (use any standard white sauce recipe). Sprinkle with half the cheese and another layer of fish and white sauce. Then top with potatoes. Sprinkle the rest of the cheese on top. Bake in hot oven 400° for 20 minutes or until cheese is melted.

Serves 4 - 6

SPINACH AND SALMON DIVAN

2 pkgs. fresh spinach, cooked and drained well
1 7-oz. can salmon, skin and bones removed
1½-2 Tbsp. finely chopped onion
½ cup buttered bread crumbs or croutons

Sauce:

¼ cup butter or margarine
¼ cup flour
2 cups milk
⅛ tsp. onion salt
¼ tsp. dry mustard
1 tsp. salt
¼ tsp. pepper
½ cup mayonnaise
1 tsp. lemon juice

Layer one half of spinach, then salmon and onion in 2 qt. casserole. Prepare cream sauce with first seven sauce ingredients. Blend in mayonnaise and lemon juice. Pour ½ sauce over salmon. Mix remaining sauce with spinach and layer over salmon. Sprinkle with crumbs. Bake at 350° for 25 minutes.

Variation: tuna may be used.

Serves 4-6

HAM ASPARAGUS CASSEROLE

8 slices cooked ham
Dijon mustard
1 can asparagus spears (could be fresh or frozen)
¼ cup chopped green onions
juice of 1 lime
2 Tbsp. pineapple juice
cayenne pepper

Brush ham with mustard. Lay 4 asparagus spears on each slice of ham. Roll ham and asparagus and fasten with pick. Place bundles in 1 qt. baking dish (greased). Mix onions, lime juice and pineapple juice and let stand 10 minutes. Sprinkle mixture over bundles. Sprinkle with cayenne. Bake 15 to 20 minutes at 350°. For a richer taste, place a slice of sharp cheese on each bundle before onion mixture.

May be frozen Serves 3 - 4

CURRIED CRAB DIVINE

2 6½-oz. cans crab meat
1 Tbsp. lemon juice
4 Tbsp. flour
4 Tbsp. butter
2 cups milk
1 tsp. salt
½ tsp. pepper
1 tsp. curry powder
¾ cup grated cheese (divided)
1½ cups cooked wide noodles
½ cup crumbled potato chips

Flake crab. Sprinkle with lemon juice. Stir flour into melted butter. Add milk slowly, stirring until sauce is thickened. Add seasonings. Combine sauce, ½ cup cheese, crab and noodles and spoon into buttered 2 qt. casserole. Top with chips and remaining cheese. Bake at 350° for 30 minutes.

May be frozen Serves 6

CRAB CASSEROLE SUPERB

3 Tbsp. butter or margarine
¼ cup chopped onion
¼ cup chopped celery
2 Tbsp. flour
1 cup light cream
salt and pepper to taste
½ cup mayonnaise
1 Tbsp. lemon juice
1 cup sliced almonds
⅛ cup dry sherry (optional)
1 lb. white crab meat
1 cup stuffing mix
1 cup grated Cheddar cheese

Sauté onion and celery in butter. Add flour and stir, until smooth. Pour in cream and stir constantly until mixture bubbles. Add remaining ingredients (except cheese). Turn into 1½ qt. buttered casserole. Top with cheese. Bake at 350° for 45 minutes until bubbly.

Serves 6

SEAFOOD CASSEROLE

2 lb. frozen scallops
4 cups haddock, (cut in bite-size pieces)
1 8-oz. pkg. frozen cooked shrimp
1 large can frozen lobster (about 2 cups)
4 chicken bouillon cubes
4 cups fish liquid
⅓ cup chopped pimento
½ cup butter
1 medium onion, finely chopped
⅓ cup finely chopped green pepper
2 10-oz. cans mushrooms
¾ cup flour (12 Tbsp.)
1 tsp. dry mustard
2 tsp. seafood seasoning
1 cup light cream
1 cup evaporated milk
2 Tbsp. Worcestershire sauce
salt and pepper to taste
¼ cup sherry
½ cup Parmesan cheese
¼ cup dry breadcrumbs

Thaw scallops and cut in half or into bite-size pieces if very large. Poach scallops in water until just tender. Remove scallops to large casserole dish and reserve liquid. Dissolve bouillon cubes in reserved liquid adding about 4 cups more water to ensure that you will have at least 4 cups liquid remaining after poaching the fish. Cut haddock into bite-size pieces (this is easier to do if fish is frozen). Poach haddock in the bouillon flavoured liquid just until tender. Remove from liquid and set aside with the scallops in the casserole. Reserve liquid and measure out 4 cups. Thaw lobster and cut into bite-size pieces and add to fish in casserole along with the thawed shrimp. Add pimento and toss altogether gently, to blend. Melt butter in deep skillet or saucepan and sauté onions and green pepper until tender, then add mushrooms. Stir in the flour, mustard and seafood seasoning and cook for several minutes, then add 4 cups fish stock, 1 cup cream, 1 cup evaporated milk and Worcestershire sauce. Cook, stirring constantly until sauce thickens. Stir in sherry. Season with salt and pepper if needed. Pour sauce over the fish in the casserole and mix gently. Mix Parmesan cheese and crumbs and sprinkle over the top of casserole. Bake at 350° for 45 minutes. Do not overcook. Serve with rice and Snow Pea and Red Pepper Salad. (Page 50)

Serves 10-12

OVERNIGHT SIX LAYER CASSEROLE

1 16-oz. can tomatoes
1 Tbsp. butter
1 6-oz. pkg. long grain and wild rice mix
1 lb. ground beef
1 tsp. salt
¼ tsp. pepper
2 cups shredded cabbage
1 Tbsp. flour
½ cup sour cream
1 cup shredded Cheddar cheese

Drain and chop tomatoes - reserve liquid. Add water to liquid to measure 2½ cups. Bring to boil. Add butter, rice and seasoning package to tomato liquid. Cover and simmer 25 minutes or until rice is cooked and liquid is absorbed. Brown beef, drain and season with salt and pepper. Place cabbage in boiling water for 2 minutes. Drain. Sprinkle with flour. Layer in 2 qt. casserole rice, cabbage, sour cream, beef, reserved tomatoes and cheese. Cover and refrigerate overnight. Bake uncovered at 350° for 15-20 minutes.

May be frozen Serves 6

CHINESE RICE CASSEROLE M

1 cup uncooked rice
3 eggs
1 onion, diced
¼ cup diced celery
3 Tbsp. margarine
4 Tbsp. soya sauce
½ cup frozen peas
¼ cup sliced mushrooms
1 cup leftover cooked pork
½ tsp. pepper
¼ tsp. ginger (or to taste)
½ tsp. salt

In small bowl, beat eggs. Cover and microwave on medium power for 2½ minutes, stirring once. Let stand 1 minute. Chop into chunks. Cook rice, following microwave directions. Place rice in 13" x 9" dish. Sauté onion and celery in margarine. Stir into rice. Add chopped egg. Stir in soya sauce, peas, mushrooms and pork. Season with pepper, ginger and salt. Cover dish with plastic wrap. Microwave medium high for 7 minutes or until hot.

Serves 8

CHICKEN AND MUSHROOM CRÊPES [M]

Basic Crêpes:

2 Tbsp. butter
½ cup cake flour
½ tsp. salt
2 eggs
⅔ cup milk
⅔ cup water

Melt butter. Place all remaining ingredients in blender or food processor. Blend, then add butter. Let batter stand for 30 minutes. Batter should be consistency of milk for paper-thin crêpes. Heat a crêpe pan until slight haze forms. Wipe pan with oil. Pour in batter to coat pan thinly and cook on one side. Turn crêpe and finish cooking other side.

Filling:

6 Tbsp. butter
8 oz. mushrooms, sliced
½ small onion, finely chopped
4 Tbsp. flour
2 cups milk
2 pkgs. chicken bouillon powder
pepper to taste
½ tsp. dried tarragon
½ cup sour cream
3 Tbsp. dry sherry
1 cup cooked, diced chicken
2 Tbsp. chopped parsley (divided)

Microwave butter 45 seconds at full power. Add mushrooms and onions and microwave 2-2½ minutes. Blend in flour, microwave 30 seconds, stir, microwave 45 seconds. Mix in milk, chicken bouillon powder, tarragon and pepper. Cover and microwave 3-5 minutes stirring after each minute. Mix in sour cream and sherry. Add chicken and 1 Tbsp. parsley to half of the sauce, mixing well. Spoon chicken mixture on each crêpe. Roll crêpes and place in 2 casserole dishes. Spoon remaining half of sauce over crêpes, cover, and microwave on medium for 5-6 minutes. Sprinkle with remaining 1 Tbsp. parsley before serving.

May be frozen Serves 6

Lighthouse, Peggy's Cove, N.S., 1971
Thomas Reid Macdonald (1908-1978)
oil on canvas, 81.2 cm x 81.2 cm
Given in memory of Rev. M.C. Davies by his wife, 1971

T. R. Macdonald was born and educated in Montreal and served as an official war artist during the Second World War. Following this he was employed as an arts administrator, serving as director of the Art Gallery of Hamilton from 1947 to 1974.

Throughout his career as a painter, he concentrated primarily on such subjects as the human figure and urban life. This painting is among the few landscapes that he ever made. As one critic has observed of Macdonald's art: "The strength of his work lies in the combination of the objectivity of his vision and his classical approach."

Meat, Fish and Poultry
Mussels Marinara
Herb Broiled Salmon
Crab Stuffed Shrimp à la Anne

MEAT, FISH AND POULTRY

Baked Fish in Madeira Saffron Sauce 130
Baked Halibut with Olives and Mushrooms 131
Baked Salmon Fillet 127
Barbecue Sauce 139
Beef Wellington with Mushroom Pâté 119
Caesar's Feast Hamburger 120
Chicken Breast Venezia 141
Chicken Broccoli Bundles *(Microwave)* 144
Chicken Italiano 140
Chicken, Watercress and Vegetable Terrine 135
Chicken Wellington 137
Crab Stuffed Chicken Breasts 139
Crab Stuffed Shrimp À La Anne 133
Court Bouillon 134
Currant Orange Glaze 144
Curried Apple Pork Chops 125
Fabulous Fried Soft Shelled Crabs 133
Glaze for Corned Beef 141
Herb Broiled Salmon 127
Honey Orange Marinade 143
Leg of Lamb Dijon 124
Lemon-Orange Snapper Amandine 131
Lemony Veal Scallopini 124
Meatloaf Supreme 120
Mushroom Sauce *(Microwave)* 146
Mussels Marinara 134
Nutty Grilled Stuffed Pork Tenderloin 126
Orange Chicken Pueblo 136
Orange Marinated Chicken Breasts 140
Oriental Chicken and Cashews 138
Party Poached Salmon with Lime Butter Sauce 128
Party Pork Tenderloin 126
Pork Chops aux Champignons 125
Pork Roast with Apple Prune Stuffing 121
Pork with Sauerkraut *(Microwave)* 145
Quick Beef Stroganoff 121
Rack of Lamb I - II
I Rosemary/Mustard Rack of Lamb 122
II Southern Honey/Mustard/Pecan Rack of Lamb 122
Sauce for Broiled Fish 142
Shelley's Chicken with Sun-Dried Tomatoes 138
Sherried Beef 119
Sherry Mushroom and Leek Cream Sauce 143
Shrimp and Scallops with Wine and Cream 132
Sole Amandine 129
Sole Launay 129
Spicy Orange Beef *(Microwave)* 145
Stuffed Chicken Rolls 136
Veal Loaf with Mushroom Sauce *(Microwave)* 146
Vitello Alla Parmigiana 123
White Wine Cream Sauce 142

BEEF WELLINGTON WITH MUSHROOM PÂTÉ

Easy and elegant party cuisine

1 large tenderloin of beef (4-5 lb.)
1 package frozen puff pastry

Mushroom Pâté:

1 lb. fresh mushrooms
¼ cup butter
1 Tbsp. minced onion
1 Tbsp. chopped parsley
1 beef bouillon cube
1 cup boiling water
¼ tsp. curry powder
1 Tbsp. brown gravy maker
4 Tbsp. flour
5 Tbsp. cold water
salt and pepper to taste

Grind mushrooms. Melt butter in frypan and sauté onions, mushrooms and parsley until soft. Dissolve beef bouillon cube in boiling water and add to mushroom mixture. Mix the curry powder, gravy maker, flour and cold water into a paste then add to beef bouillon and mushrooms. Simmer until thick. Season and let cool.

Prebake beef for 20 minutes at 350°. Allow to cool. Roll out puff pastry, cover with mushroom pâté, place roast in centre and seal pastry around the beef. Bake in a preheated 400° oven for 20-25 minutes. Pastry will be golden and beef will be rare. Rest meat 5 minutes on warm platter before carving.

Serves 10-12

SHERRIED BEEF

Easy, fast and flavourful

2 lb. beef sirloin, cubed
1 lb. fresh mushrooms, sliced
1 can mushroom soup
1 pkg. Lipton onion soup
1 cup sherry
cooked and buttered rice or noodles

Mix all ingredients together. Place in casserole dish and bake covered at 325° for 2-3 hours, until meat is tender.

May be frozen

Serves 5-6

MEATLOAF SUPREME

Colourful and tasty

1½ lb. ground beef
¾ cup Italian seasoned bread crumbs
¼ cup ketchup or chili sauce
1 egg beaten
2 Tbsp. grated Parmesan cheese
1 tsp. Worcestershire sauce
1 tsp. dried minced garlic
¼ tsp. each of dried whole basil, thyme and parsley
¼ tsp. each of salt and pepper
3 red peppers, sliced ¼" strips
1 onion sliced, then separated into rings
3 fresh mushrooms, sliced
2 (6" x 3½") slices of Mozzarella or Swiss Cheese

Combine first 12 ingredients, mix well. Shape mixture into an 18" x 12" rectangle on a sheet of wax paper. Layer red pepper, onion, mushrooms, and cheese on rectangle leaving an inch margin around the edges. Roll meat mixture up in jellyroll fashion, pinching the edges and ends to seal. Place loaf seam side down on a lightly greased broiler pan. Bake at 350° for 60 minutes.

Serves 8

CAESAR'S FEAST HAMBURGER

1 lb. ground beef (preferably lean)
½ cup finely chopped onions
½ cup Caesar salad dressing
½ cup ground Caesar salad croutons
1 tsp. lemon pepper
2 Tbsp. freshly grated Parmesan cheese
bacon bits optional

Mix all ingredients and shape into patties of desired size. Barbecue in the usual method.

May be frozen

Serves 4

QUICK BEEF STROGANOFF

1 lb. round or sirloin steak
3 Tbsp. oil
⅔ cup water
1 10-oz. can sliced mushrooms (including juice)
1 pkg. onion soup mix
2 tsp. flour
1 cup sour cream
cooked and buttered rice or noodles

Trim fat from meat, add oil to pan then brown both sides of steak. Cut into strips ¼" x 1". Add water and mushrooms (include the mushroom juice). Stir in soup mix, then heat until boiling. Blend sour cream and flour together, add to meat. Cook and stir until sauce has thickened. Serve over rice or noodles.

May be frozen Serves 4

PORK ROAST WITH APPLE PRUNE STUFFING

Stuffing excellent with pork, veal or poultry

3-4 lb. boneless roast of pork, veal or poultry
1 cup chopped prunes
½ cup sherry
½ cup butter
¼ cup chopped onion
1 cup peeled apple, cubed
3 cups soft bread crumbs
salt and pepper
½ tsp. savory
½ cup chicken broth
½ cup heavy cream

Marinate prunes in sherry 3 to 4 hours. Preheat oven to 350°. Melt butter in skillet and sauté onions until tender. Transfer to large bowl and add apple, breadcrumbs, salt, pepper and savory. Drain prunes and add to breadcrumb mixture, reserving sherry. Stuff the roast or fowl with dressing and bake 20-25 minutes per pound. Remove meat to a warm platter. Deglaze the baking pan with the reserved sherry and broth. Simmer and reduce by about ½ and add cream. Simmer until slightly thickened. Serve gravy with the meat.

Serves 6-8

RACK OF LAMB I - II

Two dynamite ways to prepare rack of lamb!

I. ROSEMARY/MUSTARD RACK OF LAMB

1 ½ lb. rack of lamb
salt and freshly ground pepper, to taste
6 Tbsp. coarse mustard
½ cup fresh breadcrumbs
¼ cup minced fresh parsley
1 tsp. dried rosemary, crumbled
1 garlic clove, minced

Preheat oven to 450° and position rack in centre of oven. Season lamb with salt and pepper and brush with 2 Tbsp. of the mustard. Combine the remaining mustard with rest of ingredients and press over top of lamb. Put lamb, crumb side up, in pan in oven for 10 minutes. Reduce heat to 400° and roast 15 minutes longer, for medium rare. Remove meat from oven, let rest 10 minutes covered, slice and serve.

Serves 4

II. SOUTHERN HONEY/MUSTARD/PECAN RACK OF LAMB

1 ½ lb. rack of lamb
¼ cup Dijon mustard
1 Tbsp. honey
1 Tbsp. light molasses
2 garlic cloves, minced
½ cup toasted pecans,
3 Tbsp. fresh breadcrumbs
1 tsp. fresh rosemary or ¼ tsp. dried
2 Tbsp. olive oil

Preheat oven to 375°. Mix mustard, honey, molasses and garlic and set aside. Put nuts, breadcrumbs and rosemary in processor and chop until fine. Heat oil in heavy skillet on high heat. Sear both racks for 5 minutes both sides and place in roasting pan. Dry off meat and spread with the mustard mixture. Press the crumbs on top of the meat. Roast 25 minutes until medium rare. Cover and let rest 10 minutes, slice and serve.

Serves 4

VITELLO ALLA PARMIGIANA

A fantastic veal parmigiana! Great served with linguini noodles

Sauce:

2 Tbsp. butter
¼ cup finely chopped onion
2 cloves garlic, minced
2 7½-oz. cans tomato sauce

In saucepan, melt butter. Sauté onion and garlic several minutes. Add tomato sauce, cover and simmer 10-15 minutes.

1½ lb. veal scallopini, pounded thin
⅔ cup fine dry breadcrumbs
⅔ cup grated Parmesan cheese
¼ cup flour
1 egg, beaten
6 Tbsp. butter
12 slices Mozzarella cheese

Cut veal into serving size pieces. Combine breadcrumbs and Parmesan cheese. Put flour on a large flat plate. Dip veal first in flour, then in beaten egg and finally in cheese/crumb mixture. Refrigerate for 1 hour. Melt 6 Tbsp. butter in fry pan and sauté veal on both sides until golden. Pour the tomato sauce into a large flat casserole and place veal on top. Cover with the cheese slices and bake in 350° oven for 25 minutes. Garnish with fresh parsley. Serve with cooked linguini noodles and freshly grated Parmesan cheese.

May be frozen Serves 6-8

LEMONY VEAL SCALLOPINI

Light and delicate

1½ lb. veal scallopini, pounded thin
¼ cup flour
¼ cup Parmesan cheese
1 tsp. salt
½ tsp. freshly ground pepper
¼ cup olive oil, or clarified butter
2 cloves garlic, minced
juice of one medium lemon
½ cup beef stock or consommé
½ cup dry white wine
parsley or lemon wedges for garnish

Combine flour, Parmesan, salt and pepper. Sprinkle over veal and pound into meat. Heat oil, add garlic and meat. Brown meat on both sides. Remove meat from pan and keep warm on heated platter. Drain excess oil from the pan. Add lemon juice, stock and wine. Cover pan and simmer 1-2 minutes. Remove cover, add veal and cook 10 minutes more. Serve garnished with parsley and lemon wedges. Tip: Microwaving lemon 40 seconds on Medium/High before juicing will increase juice output.

Serves 6

LEG OF LAMB DIJON

Fresh spring lamb is heavenly. Marinate overnight or 6 hours ahead.

3-4 lb. boneless leg of lamb, well trimmed
¼ cup Dijon mustard
1½ Tbsp. soya sauce
1 large clove garlic, minced
1 tsp. dried sage
1 tsp. dried oregano
1 tsp. grated fresh ginger
1½ Tbsp. olive oil

Combine mustard, soya sauce, garlic, sage, oregano and ginger in blender or processor. Then add olive oil in a slow stream, while continuing to blend. Transfer mixture to bowl. Spread out lamb on board, then rub half of the mustard mixture on top surface of lamb. Roll lamb, tie with string and rub remaining mustard mixture over the outside surface. Refrigerate overnight or at least 6 hours. Preheat oven to 350°. Roast lamb 1½-2 hours or to desired doneness.

Must be prepared head

Serves 6

CURRIED APPLE PORK CHOPS

A fabulous fall dish

6 pork chops, about ¾" thick
1 Tbsp. olive oil
2 medium onions, chopped
¼-½ cup apple juice
1½ tsp. curry powder or more, to taste
½ tsp. sage
¼ tsp. dry mustard
½ tsp. cinnamon
3 medium apples (peeled, cored and sliced)
½ cup sour cream or plain yogurt

Trim excess fat from the chops and slash edges to prevent curling. Heat oil in heavy skillet and brown chops on both sides. Add onions, apple juice and spices, blending well. Cover pan and simmer for 30 minutes. Turn chops and add more liquid if necessary. Add apples and cook until they are tender (about 20 minutes). Remove chops and fruit to warm platter and keep warm. Add the sour cream or yogurt to the pan juices. Heat until bubbly and thickened. Pour over the chops and fruit. Serve immediately.

Serves 6

PORK CHOPS AUX CHAMPIGNONS

Easy Sunday dinner

8 large butterfly pork chops, 1½" thick
½ lb. mushrooms, chopped
¾ cup butter
6 Tbsp. chopped parsley
4 Tbsp. chopped fresh basil
2 large cloves garlic, minced
1½ cups breadcrumbs
½ tsp. salt
freshly grated pepper, to taste

Preheat oven to 375°. Sauté mushrooms in butter until tender. Mix mushrooms with rest of stuffing ingredients in large bowl. Stuff pork chops and fasten with toothpicks. Bake in a buttered shallow pan for 45-55 minutes or until just done.

Serves 8

NUTTY GRILLED STUFFED PORK TENDERLOIN

Amazingly good!

2 pork tenderloins (1 lb. each) split lengthwise to ¼" of ends
2 tsp. butter
2 Tbsp. chopped onion
1 clove garlic, minced
1 Tbsp. pine nuts
¾ cup chopped mushrooms
½ cup fresh breadcrumbs
1 Tbsp. chopped fresh parsley
1 Tbsp. chopped fresh sage
salt and pepper to taste
2 Tbsp. apple or cider vinegar
2 Tbsp. olive oil

Use barbecue or broiler. Open tenderloins and pound slightly with mallet. Melt butter in frypan and sauté onions, garlic and pine nuts several minutes. Add mushrooms and cook 3-4 minutes more. Transfer mixture to bowl and mix with breadcrumbs, parsley, sage, salt and pepper. Stuff tenderloins and tie or skewer to close. Mix oil and vinegar and baste while cooking. Barbecue or place meat mid-oven and broil for 16 minutes, turning over after 8 minutes. (note: pork tenderloin has a pinkish tinge when cooked).

Serves 6-8

PARTY PORK TENDERLOIN

Pork tenderloin with Pizzaz!

2 pork tenderloins (1 lb. each)
⅓ cup butter
2-3 cloves garlic, minced
½ cup chopped onion
½-⅔ cup red or white wine
⅓ cup Dijon mustard
4 Tbsp. brown sugar
¼ cup cranberry juice
salt and pepper to taste

Preheat oven to 350°. Cut tenderloins into medallions ½" thick. Melt butter in heavy skillet and sauté garlic and onion. Remove from pan and reserve. Add meat to skillet and brown medallions on medium high heat, then transfer to a baking dish. Combine wine, mustard, brown sugar, cranberry juice, salt and pepper. Spoon garlic and onions over top of meat. Pour wine mixture over all and bake 20-30 minutes. Do not overcook.

May be frozen

Serves 6-8

HERB BROILED SALMON

Salmon lovers' heaven

4 1 inch salmon steaks, Atlantic or Pacific
1 Tbsp. grated onion
6 Tbsp. melted butter
1 tsp. salt
grated pepper to taste
½ tsp. dried marjoram
1 Tbsp. minced fresh chives
2 Tbsp. minced fresh parsley
2 Tbsp. minced fresh basil
lemon wedges for garnish

Combine onion, butter and spices. Put marinade on salmon steaks, cover, leave for 1 hour at room temperature, before broiling or barbecuing 5-6 minutes on each side. Serve with lemon wedges.

Serves 4

BAKED SALMON FILLET

Fresh Italian flavour

4 1 inch salmon steaks
2 tsp. butter
¼ tsp. salt
grated fresh pepper
3 small plum tomatoes, skinned and halved
1 medium red onion, sliced
¼ cup chopped basil

Preheat oven to 400°. Line baking dish with buttered aluminum foil. Place steaks on foil and sprinkle with salt and pepper. Arrange onions, tomatoes and basil over fish. Crimp foil to close. Bake 20-30 minutes.

Serves 4

PARTY POACHED SALMON WITH LIME BUTTER SAUCE

A perfect make-ahead buffet dish with a lovely presentation

1 whole fresh salmon, 4-6 lbs.
court bouillon to cover salmon (page 134)

Prepare court bouillon, using a large covered fish poacher or roasting pan, and bring liquid to boil. Place whole salmon on doubled cheesecloth and lower into pot. Cover and lower temperature until just simmering, for 30 minutes or until moist and flaky. Remove salmon and cool. Remove head and skin using sharp knife. remove backbone by cutting through centre of top of fish. May be refrigerated but should be at room temperature to serve.

Lime Butter Sauce:

¾ cup white wine vinegar
4 Tbsp. freshly squeezed lime juice
½ cup whipping cream
2 cups unsalted butter
4 Tbsp. lime marmalade
watercress for garnish
lime slices for garnish

Put vinegar and lime juice in saucepan and simmer until reduced by ¾. Add cream and reduce to ¼ cup of liquid. Cool slightly and beat in butter a little at a time until the consistency of mayonnaise. Whisk in the lime marmalade. Place salmon on a bed of greens, garnish with watercress and lime slices. Serve lime/butter sauce in a separate dish.

Can be made ahead Serves 6-10

SOLE AMANDINE

Using ground almonds or ground pecans

1 lb. sole fillets
egg wash (2 small eggs, beaten with 1 Tbsp. water)
1 cup flour
½ tsp. each of tarragon, basil and salt
freshly ground pepper
1 cup ground almonds or pecans
¼-⅓ cup clarified butter

Dip fillets in egg wash, then the flour mixed with the spices, egg wash again, then ground nuts. Refrigerate ½ hour. Put butter in fry pan and sauté fillets. Cook gently on both sides until golden. Serve immediately.

Serves 4

SOLE LAUNAY

An exceptional recipe for a whole fish, oven poached in apple cider.

3 lb. whole sole or flounder
2 Tbsp. butter (1st amount)
½ cup fresh parsley, chopped
a few sprigs of fresh tarragon, chopped (divided)
¼ cup butter, melted (2nd amount)
2 cups apple cider
salt and pepper to taste
¼ cup dry breadcrumbs
1 cup heavy cream

Preheat oven to 350°. Grease a shallow baking dish large enough to accommodate fish, with 2 Tbsp. butter. Sprinkle ½ of parsley and tarragon over the butter. Lay fish on top, then cover with ¼ cup butter, parsley and tarragon. Pour cider over the fish, season with salt and pepper, sprinkle with bread crumbs. Bake 20-30 minutes, or until done, pour in cream and bake another 5-7 minutes. Serve with rice or pasta, spooning juices over.

Serves 6

BAKED FISH IN MADEIRA SAFFRON SAUCE

A gorgeous sauce for baked Pike, Turbot, Halibut or Bass

1 lb. fresh fish fillets
salt and pepper
1½ cups seafood stock (made with bouillon cube)
½ cup white wine
1 Tbsp. white vinegar
generous pinch of saffron
⅓ cup butter, divided
2 Tbsp. flour
2 peppers, red and green, julienned
1 clove garlic, crushed
½ cup heavy cream
2 Tbsp. Madeira (or sherry)
fresh lemon juice

Arrange fish fillets in buttered baking dish, sprinkle with salt and pepper. Bake at 350° for 20 minutes. Meanwhile prepare sauce. Mix fish stock with wine and vinegar, heat, then dissolve saffron in it. Mix half of the butter with flour to make a roux. Add to hot stock. Cook down to a thick cream consistency. Meanwhile with the remaining butter, sauté peppers and garlic over low heat until soft. Combine vegetables with sauce and simmer 10 minutes. Add cream, Madeira and lemon juice. Serve over the baked fish.

Sauce may be made ahead — Serves 4

BAKED HALIBUT WITH OLIVES AND MUSHROOMS

Low fat and delicious

4 1" thick halibut steaks
4 tsp. lemon juice
2 Tbsp. olive oil
1 medium onion, chopped
½ lb. mushrooms, sliced
1 red pepper, julienned
¼ cup stuffed green olives, sliced
cayenne pepper
salt and pepper

Preheat oven to 375°. Spray baking dish with vegetable oil, place halibut in dish and sprinkle with lemon juice, salt and pepper. Heat oil in fry pan and sauté onion, mushrooms, and red pepper. Add olives and season to taste. Cover fish with vegetable mixture and bake 20 minutes. May also be wrapped in foil and barbecued.

Serves 4

LEMON-ORANGE SNAPPER AMANDINE

From the sunshine coast - a unique and surprising blend of flavours

1 lb. red snapper or orange roughy fillets
1 Tbsp. butter
2 Tbsp. grated onion
2 Tbsp. fresh lemon juice
2 Tbsp. fresh orange juice
2 Tbsp. freshly grated orange rind
¼ Tbsp. freshly grated nutmeg
⅛ tsp. freshly grated pepper
¼ cup sliced toasted almonds

Put fillets in single layer in buttered baking dish. Mix all other ingredients except almonds. Pour over fish and marinate at least 30 minutes. Bake at 450° uncovered for 8-10 minutes until done. Sprinkle with toasted almonds and serve.

Serves 4

SHRIMP AND SCALLOPS WITH WINE AND CREAM

A lovely party dish

1-2 pkg. frozen large puffed pastry shells
1 lb. raw large shrimp, (21-30 per lb.)
1 lb. sea scallops
1½ cups dry white wine
½ cup clam juice
1 bay leaf
3 Tbsp. butter
¼ cup chopped onion
1 clove garlic, minced
¼ cup flour
½ tsp. salt
½ tsp. each dried tarragon and basil (1 Tbsp. fresh)
freshly grated pepper
2 Tbsp. tomato paste
½ pint cream
fresh basil leaves for garnish

Prepare puff pastry shells in advance. Slice scallops in half. Clean and devein shrimp. Bring wine, clam juice, bay leaf to a boil and reduce by ½. Add seafood, cover and simmer gently 3 minutes. Remove seafood from liquid and reserve liquid separately. Remove bay leaf. Melt butter in frypan and add onion and garlic. Sauté until tender, then whisk in flour, salt, pepper, spices and tomato paste. Cook several minutes, then add reserved liquid. Simmer 5 minutes. Add cream and simmer an additional 5 minutes. Add seafood and heat thoroughly. Heat pastry shells, and present on plate with fresh basil leaves for garnish.

Serves 8

CRAB STUFFED SHRIMP À LA ANNE

Great as appetizer, great as seafood entrée!

1 lb. very large shrimp, cleaned and butterflied
1 4.25-oz. can crabmeat, drained
1 small rib celery, minced
¼ onion, minced
3 Tbsp. dry bread crumbs
3 Tbsp. mayonnaise
several drops Tabasco sauce
salt and pepper to taste
egg wash (1 egg beaten with ½ Tbsp. water)
1 lemon, cut in wedges

Preheat oven to 400°. Spread shrimps open and pat dry. Mix crabmeat with the celery, onions, breadcrumbs, mayonnaise, Tabasco, salt and pepper. Brush top of each shrimp with egg wash. Put small amount of crab mixture on each shrimp. Bake for 5 minutes then broil for 3-5 minutes, watching closely. Garnish with lemon and serve.

Serves 2-3 as entrée
6 as an appetizer

FABULOUS FRIED SOFT SHELLED CRAB

Fresh soft shelled crabs are a seasonal treat, but can sometimes be found frozen - FABULOUS!

8-10 soft shelled crabs
⅔ cup flour
1 tsp. salt
1 tsp. pepper
egg wash (1 egg mixed with 3 Tbsp. water)
1 cup dry breadcrumbs
2 cups vegetable oil (at 375°)
½ cup drawn butter

Dip crabs in flour seasoned with salt and pepper, then egg wash, then breadcrumbs. Fry in oil until golden brown, turning once. Drain on paper towel and serve with drawn butter.

Serves 2

MUSSELS MARINARA

Delicious hot or cold

4 lb. mussels, cleaned and bearded
1 large clove garlic, minced
1 small onion, chopped
2 Tbsp. butter
½ cup white wine
½ cup cream
salt and pepper to taste
1½ tsp. fresh lemon juice
chopped parsley
chopped tomato
1 lemon, cut in wedges

After mussels have been cleaned, discard any that are not closed. Sauté garlic and onion in butter in large pot which has a cover. Put mussels in the pot and add wine, cream, salt, pepper and lemon juice. Allow to reach boiling before covering, then allow to steam 7-8 minutes. May be served hot along with juices from the pot and large chunks of fresh bread. If served cold, remove one half of the shell, serve on ice with parsley, tomatoes and lemon wedges as garnish. Leftover cooled liquid can also be poured over all.

Serves 4 as main dish
12 as appetizer

COURT BOUILLON

1 qt. water
1 bay leaf
3 Tbsp. bouillon (chicken or beef)
¼ cup carrots, chopped (optional)
½ stalk celery, chopped
1 small onion stuck with 2 cloves
½ cup vinegar or lemon juice or
1 cup dry white wine
1 tsp. salt
handful parsley

Put all ingredients in saucepan; simmer for ½ an hour and strain before using.

Yield: 1 quart

CHICKEN, WATERCRESS AND VEGETABLE TERRINE

A dramatic yet deceptively easy starter or luncheon dish

¾ lb. chicken breast meat (about 4 small boneless chicken breasts)
salt and freshly ground pepper to taste
1 bunch watercress
4 oz. shallots or green onions, chopped
½ tsp. nutmeg
1 Tbsp. flour
1 egg
2 Tbsp. whipping cream or evaporated milk
5 large mushrooms, sliced
1 red bell pepper, julienned
1 small zucchini, sliced
½ pkg. fresh spinach, cooked, chopped and drained

Sauce:

½ cup plain yogurt
½ cup mayonnaise
1 bunch watercress, finely chopped

Line a 9″ x 5″ x 3″ loaf pan with buttered foil. Divide the chicken into two equal portions. Take the first portion and cut it into very thin slices. Set aside. Place the second portion in a food processor along with salt and pepper, watercress which has been washed and dried, onions, nutmeg, flour, egg and cream and process until smooth. Remove from processor and set aside. Prepare vegetables. Layer ingredients in loaf pan as follows: sliced mushrooms on bottom, then chicken purée, julienned red peppers, sliced chicken, sliced zucchini, chicken purée, chopped spinach, chicken slices-8 layers in all. Wrap a brick in foil, then oil one side and place on top of the loaf pan to compress the terrine. Bake terrine in a water bath in 350° oven for 40-50 minutes. Cool. Serve cut in very thin slices with sauce made by mixing all sauce ingredients.

Serves 8 as starter
4 for lunch

STUFFED CHICKEN ROLLS

Simple and good

4 whole chicken breasts, halved, deboned, skinned and pounded thin
⅔ cup hot water
2 tsp. margarine
1 cup crushed pineapple in syrup (divided)
1 medium green pepper, chopped
2 cups Stove Top Stuffing mix, chicken flavour

Combine hot water, margarine, ½ cup drained pineapple (reserving juice) pepper and stuffing mix. Put ¼ cup on each breast. Roll up and fasten with toothpick. Arrange in a greased pan or casserole dish.

Sauce:

1 Tbsp. brown sugar
2 Tbsp. vinegar
¼ tsp. ground ginger or 1 tsp. fresh ground ginger

Mix rest of pineapple and reserved juice with sugar, vinegar and ginger. Pour over breasts. Bake at 400° for 45 minutes or until done.

Serves 6-8

ORANGE CHICKEN PUEBLO

6 split chicken breasts (3 whole)
½ tsp. salt
⅛ tsp. pepper (freshly ground)
3 Tbsp. butter
1 6-oz. can orange juice concentrate
1 cup chicken stock
1 Tbsp. mustard
2-3 Tbsp. cornstarch, mixed with 3 Tbsp. water
½ tsp. ground cloves
1 28-oz. can whole tomatoes
1 sliced avocado

Preheat oven to 350°. Rinse chicken and sprinkle with salt and pepper. Melt butter and brown chicken. Mix orange juice and stock in small pot and simmer for 15 minutes. Combine all other ingredients (except avocado) with orange mixture. Pour over chicken and bake 30 minutes, adding the avocado slices 2 minutes before serving.

May be frozen

Serves 4-6

CHICKEN WELLINGTON

For a great dinner party

3 chicken breasts, deboned, skinned, halved
1 pkg. puff pastry
steak spice
salt and pepper to taste
mixed herbs seasoning
1 10-oz. bag fresh spinach
1 Tbsp. butter
½ cup chopped onion or leeks
1 clove garlic, chopped
egg wash (1 egg mixed with 2 Tbsp. water)
2 cups White Wine Cream Sauce (page 142)

Pound chicken breasts flat. Roll out pastry and divide into six pieces large enough to completely wrap a rolled chicken breast. Sprinkle each chicken breast on both sides with steak spice, salt, pepper and mixed herbs. Steam spinach until just wilted then drain and chop. Melt butter in pan and sauté onion and garlic for 3 minutes, then add to the spinach. Divide filling among chicken halves and roll. Place chicken roll in centre of pastry. Brush edges of pastry with egg wash, then fold pastry over the chicken, pinching edges together to seal completely. Place each chicken package seam side down on ungreased baking dish. Brush with egg wash. Bake at 375° for 20-25 minutes or until golden. Prepare 2 cups of White Wine Cream Sauce (page 142). Serve chicken with the sauce. Chicken can be prepared ahead and reheated at 325° for 15 minutes or until bubbly, before serving. Do not reheat in microwave. Sauce can be prepared ahead and reheated in microwave.

Serves 4-6

SHELLEY'S CHICKEN WITH SUN-DRIED TOMATOES

A superb gourmet meal in minutes.

1 cup sun-dried tomatoes
6 single chicken breasts, deboned and skinned
3 Tbsp. olive oil
1 large shallot, chopped
1-2 cloves garlic, chopped
1 Tbsp. Dijon mustard
⅔ cup heavy cream
¼ cup white wine
2 tsp. tarragon

Cover sun-dried tomatoes with boiling water and let stand 5 minutes to soften. Drain and cut in thin strips. Cut each chicken breast into 6 pieces. Sauté chicken slices in olive oil in large skillet 4-5 minutes or until cooked through. Remove to warm platter. Add garlic and shallots to pan and sauté for 1 minute. Add tomatoes to pan along with remaining ingredients. Simmer and stir until sauce thickens. Return chicken to pan and cook gently until heated through. Serve with brown or wild rice.

Serves 4-6

ORIENTAL CHICKEN AND CASHEWS

3 Tbsp. oil
2 boneless, skinless chicken breasts cut into bite-size pieces
2 cloves garlic, finely chopped
2 Tbsp. soya sauce
1 Tbsp. sherry
1 Tbsp. cornstarch or flour
¼ tsp. ginger
1 medium green pepper cut into small chunks
½ cup cashew halves or chopped walnuts

Heat oil in 13″ x 9″ microwave dish at High power 2½ to 3 minutes. Meanwhile combine chicken, garlic, soya sauce, sherry, cornstarch or flour, and ginger. Add to dish and cook at High power 3 to 4 minutes, stirring twice. Add green pepper and cashews. Cook, covered with lid or plastic wrap, at High power 2½ to 3½ minutes, or until chicken and green pepper are tender, stirring once. Let stand 3 minutes before serving.

Serves 4

CRAB STUFFED CHICKEN BREASTS

Easy and elegant

4 whole chicken breasts, skinned, deboned, halved
2 4.25-oz. tins crabmeat
2 cups White Wine Cream Sauce (page 142)
1 Tbsp. butter
3 cloves garlic, minced
1 small onion, chopped
1 cup chopped mushrooms
2 Tbsp. chopped parsley
¼ cup cracker crumbs
salt and pepper to taste
3 Tbsp. grated Swiss or Cheddar cheese
1 tsp. paprika

Pound chicken breasts thin. Drain crabmeat, reserving liquid. Prepare 2 cups of cream sauce, replacing some of the milk with reserved crab liquid. To prepare filling, melt butter and sauté garlic, onions and mushrooms until just tender. Add parsley, cracker crumbs, crabmeat, salt and pepper. Place ¼ cup of this mixture on each chicken breast. Fold over and secure with toothpicks. Place in buttered baking dish, cover with sauce and bake at 350° for 35-40 minutes. Sprinkle cheese and paprika over top. Return to oven and bake until cheese melts.

Serves 6-8

BARBECUE SAUCE

3 Tbsp. vinegar
3 Tbsp. Worcestershire sauce
2 Tbsp. salt
2 Tbsp. sugar
1-2 Tbsp. paprika
2 tsp. cayenne pepper
1-2 Tbsp. chili powder
3¼ cups ketchup
2 cups water

Blend all ingredients in sauce pan and simmer about 20 minutes or until slightly thickened. Correct seasonings, if desired.

CHICKEN ITALIANO

A light, lovely Italian dish

6 single chicken breasts, deboned, skinned, flattened
¼ cup flour
½ tsp. salt
½ tsp. pepper
2 cups dry breadcrumbs
1 tsp. each of basil, oregano and thyme
¾ cup grated Romano or Parmesan cheese
½ cup milk
2 eggs, beaten
½ cup olive oil
lemon wedges

Combine flour, salt and pepper. In separate bowl mix breadcrumbs, herbs and cheese. In another bowl mix milk and eggs. Dip each chicken breast in flour mixture, then egg mixture, then cheese/breadcrumb mixture. Refrigerate for 1 hour. Heat olive oil in skillet, add chicken and cook until golden. Serve with lemon wedges.

Serves 6

ORANGE MARINATED CHICKEN BREAST

A repeat from COOKBOOK II - cook and freeze to use in recipes calling for cooked chicken, or serve hot with its own piquant sauce.

3 whole chicken breasts, halved, skinned and deboned
½ cup orange juice
1 tsp. salt
½ tsp. dried ground marjoram
½ tsp. dried basil
½ tsp. garlic salt
¼ tsp. pepper

Place chicken breasts in a greased 14" x 9" baking dish. Combine remaining ingredients and stir until dissolved. Pour over the chicken and marinate 1 hour, covered, in refrigerator. Bake uncovered at 350° for 45-55 minutes, basting several times. Remove from liquid. Serve hot with rice and pipérade, using pan juices for sauce, or, refrigerate for later use in salads or casseroles.

Serves 4-6

CHICKEN BREAST VENEZIA

Delicioso! Serve with Bruschetta and Chianti!

4 boneless, skinless, single chicken breasts
½ cup flour
2 eggs, beaten
2 Tbsp. olive oil
2 Tbsp. butter
2 cups sliced mushrooms
½ cup chopped leeks or spanish onion
1 clove garlic, chopped
½ cup whipping cream
½ cup white wine
1 Tbsp. chopped fresh parsley
1 tsp. dried tarragon
salt and pepper to taste

Pound chicken breasts thin, then dredge in flour and dip in beaten egg. In heavy skillet, over moderate heat, add oil and sauté chicken breasts 3-4 minutes on each side, or until cooked through. Remove chicken and keep warm in oven (or you may refrigerate chicken at this point and continue with sauce later). Pour excess oil from the pan. Add butter to pan, add mushrooms, onions and garlic and sauté until just tender. Add cream, wine, parsley, tarragon, salt and pepper. Bring to a gentle boil. Return chicken to the pan and simmer 3-4 minutes until sauce is slightly thickened.

Variation: Omit tarragon and substitute ¼ cup raspberry vinegar for the wine. Garnish with fresh raspberries and mint.

Serves 4

GLAZE FOR CORNED BEEF

Adds a finishing touch to ordinary corned beef

1 Tbsp. brown sugar
1 Tbsp. water
1 tsp. soya sauce
2 tsp. paprika
½ tsp. ground ginger

Mix all ingredients. Spread over already steamed or cooked corn beef brisket. (This recipe is enough for 4-5 lbs.). Bake at 350° for 30-40 minutes.

WHITE WINE CREAM SAUCE

Master recipe

¼ cup butter or margarine
¼ cup flour
¼ tsp. each of basil, tarragon, parsley, savory, thyme
freshly ground pepper to taste
1½ cups milk, evaporated milk or cream
½ cup white wine
1 Tbsp. sherry (optional)
1 tsp. chicken bouillon granules or 1 cube (optional)
OR 1 tsp. seafood bouillon granules or 1 cube (optional)

Top of Stove Method:

Melt butter then add flour and seasonings. Cook 1 minute. Add liquid slowly, stirring constantly until smooth and thickened. If sauce is to be used in a chicken dish, add chicken bouillon with the liquid; if sauce is to be used for seafood, add seafood bouillon (available at Chinese grocers). If using bouillon cubes, dissolve in a little hot water before adding to sauce.

Microwave Method:

Melt butter in glass bowl, 40 seconds on High. Stir in flour and spices and microwave on Medium 40-50 seconds. Whisk in liquid and flavoured bouillon (if using). Microwave on Medium High for about 2 minutes or until thickened, stirring twice.

Yield: 2 cups

SAUCE FOR BROILED FISH

½ cup mayonnaise
½ tsp. grated ginger
1 tsp. sugar
½ tsp. basil
½ tsp. cayenne
grated pepper
sweet pickle juice to taste

Combine all ingredients and refrigerate for an hour.

Yield: ½ cup

HONEY ORANGE MARINADE

For pork chops, chicken pieces or strips of chicken or pork tenderloin

¼ tsp. grated orange peel
½ cup orange juice
¼ cup pineapple juice
1 Tbsp. soya sauce
1 Tbsp. honey
⅛ tsp. pepper
2 cloves garlic, minced
1 Tbsp. freshly grated ginger
1 Tbsp. cornstarch

Combine the first eight ingredients and marinate meat for several hours, or overnight. Reserve marinade. Broil, bake or sauté meat until pink has disappeared. Add cornstarch to marinade in saucepan. Cook and stir until thickened. Serve with meat.

Serves 6

SHERRY MUSHROOM AND LEEK CREAM SAUCE

Excellent with Salmon or other prepared fish.

¼ cup butter
1½ cups sliced mushrooms
½ cup julienned leeks, white part only
3 Tbsp. flour
½ tsp. each of tarragon, basil and thyme
1 cup light cream
¼ cup whipping cream
¼ cup sherry
salt and pepper to taste

Melt butter in saucepan. Sauté mushrooms and leeks 2-3 minutes. Stir in flour and cook 1 minute. Whisk in light cream and spices. Cook stirring, until thickened. Whisk in whipping cream and sherry. Season to taste with salt and pepper.

CURRANT ORANGE GLAZE

For a loin of pork, or ham

1 10-oz. jar red currant jelly
⅓ cup water
1 Tbsp. orange juice concentrate, thawed
1 Tbsp. Balsamic vinegar
1 tsp. fresh thyme or ½ tsp. dried thyme
1 Tbsp. cornstarch
1 Tbsp. cold water

Heat the first five ingredients in a saucepan stirring until jelly has melted, then bring to a gentle boil. Mix cornstarch with water. Add to sauce stirring constantly until thickened. Use glaze to baste a roast of pork or ham. During the last 40 minutes of baking, baste several times. Remaining glaze can also be reheated and drizzled over carved roast.

Yield: 1½ cups

CHICKEN BROCCOLI BUNDLES M

2 slices (¾ oz. each) Swiss cheese
2 whole chicken breasts, halved, deboned, skin removed, pounded to flatten
1 10-oz. pkg. frozen chopped broccoli, defrosted and drained
½ cup milk
1 Tbsp. flour
1 Tbsp. white wine
1 tsp. parsley flakes
⅛ tsp. pepper
½ tsp. salt

Cut one cheese slice into 8 strips. Place 2 strips on each chicken piece. Place ¼ of broccoli over cheese in centre of each piece. Fold ends of chicken over broccoli and secure with toothpicks. Place rolls seam side down in 8″ x 8″ microwave dish. Cover with wax paper. Microwave on High 5 to 8 minutes, or until chicken is no longer pink, turning over and rearranging once or twice. Drain and set aside. Blend milk, flour, wine, parsley, pepper and salt in 2 cup microwave container. Microwave on High 1½ to 3 minutes, or until thickened, stirring 2 or 3 times during cooking. Cut up and add remaining cheese slice, stirring until sauce is smooth. Pour sauce over chicken. Microwave on high 30-60 seconds, or until bundles are heated through.

Serves 4

SPICY ORANGE BEEF [M]

1 lb. lean round or sirloin tip steak
4 green onions, sliced diagonally ½" thick
2 Tbsp. dry sherry
2 Tbsp. soya sauce
1 tsp. grated fresh ginger root or ¼ tsp. ground ginger
1 clove garlic, minced
¼-½ tsp. red pepper flakes
½ cup orange juice
1 Tbsp. cornstarch
grated peel of 1 orange

Slice beef across the grain in thin strips, about ¼" x 2". Combine green onions, sherry, soya sauce, ginger, garlic and red pepper flakes in bowl just large enough to hold beef. Stir beef in mixture and marinate 20-30 minutes. Meanwhile, combine, orange juice, cornstarch and grated peel in 1 cup glass measure. Cook at High power (100%) 1½ minutes or until mixture comes to a boil and thickens, stirring halfway through. Set aside. In a 2 qt. microwave safe dish, cook beef in marinade, covered, at Medium power (50%) 4 minutes, stirring halfway through cooking. Stir in orange mixture, cover and cook at Medium power (50%) 4-6 minutes, or until beef is no longer pink, stirring halfway through. Serve over rice.

Serves 4

PORK WITH SAUERKRAUT [M]

28 oz. can sauerkraut, drained
2-3 Tbsp. brown sugar
1 small apple with skin, chopped
1 onion, chopped
1 Tbsp. honey mustard
⅛ tsp. pepper
¼ tsp. celery seed
4 pork chops (about 1" thick)

In 12" x 8" microwave dish, combine sauerkraut, brown sugar, apple, onion, honey mustard, pepper, and celery seed. Mix well. Top with pork chops. Spread tops of pork chops with extra mustard to coat. Cook at Medium power for approximately 30 minutes or until done. Halfway through cooking turn chops over and baste with mustard.

Serves 4

VEAL LOAF WITH MUSHROOM SAUCE [M]

2 lb. ground veal
½ cup bread crumbs
¼ cup wheat germ
½ cup milk
1 medium onion, chopped
¼ cup celery, chopped
1 egg, slightly beaten
1½ tsp. beef bouillon powder
½ tsp. thyme
¼ tsp. pepper

In a large bowl combine all ingredients until smooth and well mixed. Pat mixture into a 9" x 5" microwave loaf dish. Cover with wax paper. Cook at High power for 18 to 20 minutes. Let stand 5 minutes. Serve with Mushroom Sauce.

May be frozen Serves 6-8

MUSHROOM SAUCE [M]

1 cup sliced fresh mushrooms
2 Tbsp. butter
2 Tbsp. flour
¼ tsp. salt
⅔ cup chicken broth
½ cup Marsala wine
¼ cup milk or cream
1 Tbsp. parsley

In a 1½ quart microwave bowl sauté mushrooms in butter on High power for 1 minute. Stir in flour and salt and cook for 1 minute on High power. Add broth, cook on High power 1 to 2 minutes or until smooth and thickened. Stir in wine and milk and cook for 1 minute on High power or until mixture bubbles. Stir in parsley. Pour over veal loaf.

Yield: 2 cups

A Side Street, 1919-1920
Lawren Stewart Harris (1885-1970)
oil on canvas, 91.2 cm x 111.8 cm
Gift of the Detroit Institute of Arts, 1956

Born in Brampton, Ontario, and educated in Toronto and Berlin, Lawren Harris was a founding member of the Toronto-based painters who in 1920 joined to form the Group of Seven. Between about 1909 and 1922, Harris painted numerous urban scenes in the Toronto Ward, a European immigrant neighbourhood. At the time his pictures of the Ward were seen by one critic as "ugly and inexcusable". Another critic wrote "Harris manipulates light, colour, texture and space to produce evocations of a deeper sentiment... Harris raises moral questions about the human condition."

Now we appreciate Harris' urban paintings for their decorative patterns, careful representation of light and shadow and for their subtle suggestion of the social conditions at that time. It is interesting that when Harris first exhibited this picture, in a travelling exhibition of the Ontario Society of Artists in 1920, that he titled it *Morning Sun*. This title draws our attention to the more atmospheric qualities of the scene, like the play of light and shadow upon the buildings, trees and foreground snow.

Vegetables
Tomatoes Stuffed with Spinach
Vegetable Kebabs
Vegetable Plenty

VEGETABLES

A Special Winter Potato Casserole 165
An Autumn Vegetable Casserole 153
Baked Carrots and Parsnips 158
Bechamel Sauce *(Microwave)* 168
Carrots Elegante 157
Colcannon 164
Creamed Onions and Carrots 157
Creamy Carrot Casserole 159
Eggplant Casserole 152
Fresh Tomato Baked Dish 160
Georgia Baked Squash 155
Gourmet Onions 151
Green Bean Medley 163
Harvest Vegetable Supreme 152
Italian Style Cauliflower *(Microwave)* 167
Italian Zucchini and Tomatoes *(Microwave)* 167
Mashed Turnips 154
Microwave Fries *(Microwave)* 166
Paprika Potatoes *(Microwave)* 166
Potato Casserole 163
Sautéed Zucchini and Carrots 159
Sliced Baked Potatoes 164
Snow Peas and Carrots 157
Sparkling Squash 154
Spicy Potatoes 165
Spinach Casserole 161
Spinach in Sherry or Madeira 161
Stuffed Acorn Squash 155
Sweet and Sour Beets 159
Sweet and Sour Glazed Carrots 156
Tomatoes Stuffed with Spinach 160
Vegetable Kebabs 151
Vegetable Pie 156
Vegetable Plenty with Bechamel Sauce *(Microwave)* 168
Vegetable Stuffed Peppers 158
Wild Rice Casserole 162
Winter Vegetable Parmesan 153
Zucchini Casserole 162

VEGETABLE KEBABS

2 zucchini
16 small onions
2 large green peppers
16 cherry tomatoes
16 fresh mushrooms

Marinade:

2 Tbsp. fresh basil, minced
¼ cup lemon juice
¾ cup vegetable oil
2 Tbsp. fresh parsley, minced
1 Tbsp. Dijon mustard
1 bay leaf
½ tsp. dried thyme
½ tsp. dried marjoram
2 cloves garlic, finely chopped
2 Tbsp. red wine vinegar

In pot of boiling water blanch onions for 5-7 minutes, drain and leave whole. Cut green peppers and zucchini into chunks. Leave tomatoes and mushrooms whole. Combine marinade ingredients and pour over vegetables, toss gently. Cover and marinate in refrigerator for at least 2 hours or overnight. Drain vegetables, reserving marinade for basting. Thread vegetables alternately onto greased skewers. Cook over medium hot coals.

Serves 8

GOURMET ONIONS

Best with roast beef

5 medium onions, sliced
⅓ cup butter
½ tsp. sugar
½ tsp. salt, pepper to taste
½ cup sherry
2 Tbsp. grated Parmesan cheese

Cook in butter the onions, sugar, salt and pepper until tender and stir to separate onion rings. Add ½ cup sherry. Cook for 2-3 minutes. Sprinkle with Parmesan cheese.

Serves 6

HARVEST VEGETABLE SUPREME

A perfect Thanksgiving vegetable

5 medium yams, or sweet potatoes
¼-½ cup butter
⅓ cup brown sugar
zest of an orange
¼ tsp. nutmeg
¼ tsp. cinnamon
4-5 Tbsp. marmalade
3 Tbsp. rum (dark preferred)
⅓-½ cup maple syrup or imitation maple syrup
¼ cup walnuts, chopped
Additional vegetables can be cooked and diced,
i.e. squash or carrots

Cook yams for 10 minutes or until still firm. Peel and slice. Arrange in casserole or pan. If using other vegetables they should now be included. Dot with butter and sprinkle with brown sugar, orange zest, nutmeg and cinnamon. Melt marmalade over heat, add rum and pour over vegetable(s). Pour syrup over all, and sprinkle with walnuts. Bake at 350° for 45 minutes or until tender.

May be frozen Serves 6-8

EGGPLANT CASSEROLE

1 medium eggplant
3 Tbsp. butter
3 Tbsp. flour
2 cups canned "herb and spices" tomatoes
1 green pepper, chopped
1 onion, chopped
1 tsp. salt
1 Tbsp. brown sugar
½ bay leaf (to be removed later)
1 tsp. dried basil
bread crumbs
2-3 Tbsp. butter

Peel, then dice eggplant. Cook for 10 minutes in boiling water, drain and place in 1½ qt. casserole. Melt butter, add flour and stir. Add canned tomatoes, green pepper, onion, salt, brown sugar, bay leaf and dried basil. Cover with bread crumbs, that have been slightly browned in butter. Bake at 350° for 30 minutes.

Serves 6-8

WINTER VEGETABLES PARMESAN

A hint of summer ratatouille

salad oil
2 medium zucchini, cut into ½" slices
2 sliced onions
1 garlic clove, cut in half
½ green pepper, sliced or diced
1 small bunch of broccoli, cut in 2" x 1" pieces
1 cauliflower, separated into florets
1 cup water
½ tsp. salt
½ can (or 8 oz.) chick peas, drained
1 15-15½-oz. jar spaghetti sauce
¾ cup Parmesan (or Mozzarella) cheese, grated

In 2 Tbsp. hot salad oil, over medium heat, cook zucchini, onions, garlic and green peppers in dutch oven until tender. Remove and place mixture in large casserole. Discard garlic. In 2 more Tbsp. hot oil, stir broccoli and cauliflower, add water, cover and cook until tender-crisp, stirring. Put zucchini mixture in large casserole, add all remaining ingredients, except cheese. Sprinkle grated cheese on top and bake in 350° oven until cheese is melted and lightly browned.

Serves 6

AN AUTUMN VEGETABLE CASSEROLE

2 cups carrots, cut into coin shapes
3 cups broccoli florets
3 cups cauliflower florets
2 eggs
1 onion, finely chopped
½ cup mayonnaise
1 can cream of mushroom soup
1 cup sharp Cheddar cheese, grated
½ cup butter, melted
1 pkg. seasoned croutons

Cook vegetables then put them in a casserole. In a bowl beat eggs, add onion, mayonnaise, soup and cheese. Pour over vegetables. Chill for 2-6 hours. Crush croutons and sprinkle over top, then pour melted butter over vegetables. Bake at 350° for 40 minutes.

Serves 10-12

MASHED TURNIPS

A new version of an old vegetable

2 lbs. turnips, peeled and cut into 1″ pieces
1 onion, minced
1 stick (½ cup) unsalted butter, divided
1½ cups grated white Cheddar cheese
½ cup warm milk
salt and pepper to taste

In a saucepan of boiling water cook the turnips for 20 to 30 minutes, or until they are tender. Drain, place in a bowl and mash. In the pan cook the onion in 4 Tbsp. of the butter over medium heat, stirring, until it is softened. Add the turnips, the remaining 4 Tbsp. butter, cut into bits, the Cheddar, and the milk. Heat the mixture over medium heat, stirring, until the cheese is melted. Season with salt and pepper.

Serves 6

SPARKLING SQUASH

2 acorn squash
½ cup corn syrup
½ cup orange juice
grated rind of an orange
2 Tbsp. butter
salt and pepper to taste

Slice squash into ½″ rings. Arrange in a single layer in shallow greased baking dish. Add ¼″ hot water. Cover with foil and bake at 375° for 15 minutes. Mix remaining ingredients in a saucepan. Bring to a boil and remove from heat. Drain squash and sprinkle with salt and pepper. Cover with orange sauce. Continue to bake, basting often, for an additional 45 minutes or until squash is tender.

Serves 4

GEORGIA BAKED SQUASH

A must with the Christmas turkey

3 lbs. yellow butternut squash
1 medium onion, chopped
½ cup dry seasoned stuffing mix
salt and pepper to taste
2 eggs
½ cup melted butter
1 Tbsp. sugar
3 Tbsp. bread crumbs

Preheat oven to 375°. Wash and cut up squash. In a large pot, boil squash until tender, drain, remove skin then mash. Add onions, stuffing, pepper, salt, eggs, butter (reserving 2 Tbsp. for topping) and sugar. Pour mixture into baking dish. Cover with crumbs and extra butter. Bake 1 hour.

Serves 6

STUFFED ACORN SQUASH

2 small acorn squash

Filling:

⅔ cup Ritz cracker crumbs
⅓ cup walnut pieces, chopped
3 Tbsp. brown sugar
½ tsp. salt
¼ tsp. nutmeg
½ cup butter, melted

Cut squash in half, and scoop out seeds. Mix dry ingredients and pour melted butter over mixture. Mix thoroughly. Fill squash halves. Put squash in pan with ¼" water. Bake at 350° for 1 hour, or until squash is tender and soft.

Serves 4

VEGETABLE PIE

A tossed salad, and lunch is ready

2 cups Herb - Seasoned Stuffing Mix
½ cup butter, melted
¼ cup hot water
3 cups broccoli florets, partially cooked
2 cups cauliflower florets, partially cooked
1 10-oz. can cream of chicken soup
3 eggs
½ tsp. (each) thyme, parsley, and basil
2 Tbsp. chopped pimento
1 tsp. salt
pepper to taste

In medium bowl, combine stuffing, butter and water. Mix well. Reserve ¼ cup for topping. Press rest of mixture into 9" pie plate to form a crust. Bake at 350° for 15 minutes. Remove from oven, fill crust with broccoli and cauliflower. In medium bowl, combine soup, eggs and seasonings. Mix until smooth. Stir in pimento. Pour mixture over vegetables. Sprinkle with reserved stuffing mixture. Bake at 350° for 40 minutes.

Serves 8

SWEET AND SOUR GLAZED CARROTS

12 carrots, medium, cut in julienne strips
2 Tbsp. sugar
2 tsp. cornstarch
2 tsp. dried parsley flakes
1 tsp. salt
½ cup water
3 Tbsp. vinegar
1½ tsp. horseradish
3 Tbsp. butter

Add carrots to small amount of boiling water. Cook covered for 8-10 minutes, or until tender crisp. Drain well.

Combine sugar, cornstarch, parsley flakes and salt. Stir in water, vinegar and horseradish. In saucepan, melt butter over medium heat and stir in sauce mixture. Cook and stir until thickened and clear. Add cooked carrots and stir until well coated.

Serves 6-7

CREAMED ONIONS AND CARROTS

¼ cup sliced celery
2 Tbsp. butter or margarine
1 can cream of chicken soup
½ cup sour cream
¼ cup white wine
2 Tbsp. chopped parsley
1 lb. cooked medium carrots, cut in ½ lengthwise
1 lb. small cooked whole white onions (about 16)

Cook celery in butter until tender. Blend in soup and sour cream. Add wine and parsley. Cut carrot halves in 2 in. pieces. Add carrots and onions to soup mixture, heat, stirring.

Serves 5-6

CARROTS ELEGANTE

1 lb. carrots, thinly sliced
¼ cup golden raisins
¼ cup butter
3 Tbsp. honey
1 Tbsp. lemon juice
¼ tsp. ground ginger, or ½ tsp. grated fresh ginger
¼ cup sliced toasted almonds

Cook carrots in boiling water, drain. Put carrots into 1 qt. baking dish. Stir in raisins, butter, honey, lemon juice and ginger. Bake uncovered at 375° for 35 minutes, stirring occasionally. Spoon into serving bowl and sprinkle with almonds.

Serves 4

SNOW PEAS AND CARROTS

½ lb. carrots, peeled and cut in julienne strips
½ lb. snow peas, ends trimmed
1 Tbsp. olive oil
1 Tbsp. soy sauce
½ tsp. finely chopped garlic
2 Tbsp. chopped green onions
fresh pepper

Place carrots in saucepan with water and bring to boil. Simmer 4-5 minutes. Add snow peas, bring to boil. Cook, stirring, for 2-3 minutes. Drain. Heat oil in fry pan, add carrots, snow peas, soy sauce, garlic, onions and pepper. Stir and cook 1 minute.

Serves 4

BAKED CARROTS AND PARSNIPS

6 medium carrots (1 lb.)
4 parsnips (1½ lbs.)
4 celery stalks
¼ cup butter or margarine, melted
¼ cup dry sherry
2 Tbsp. dark brown sugar
½ tsp. dry mustard
⅛ tsp. mace (optional)
½ tsp. salt
⅛ tsp. pepper
2 Tbsp. chopped parsley

Peel and cut carrots and parsnips into 2". long matchsticks. Cut celery stalks into ½" slices. Combine all ingredients in a 9" x 13" baking dish, except parsley. Toss to mix. Bake at 375° until tender. Stir, and sprinkle with parsley.

Serves 6

VEGETABLE STUFFED PEPPERS

4 qts. of water as needed, divided
2 large green or red peppers, cut in half lengthwise, seeded
3 tomatoes, peeled, cored, seeded, chopped
¼ cup chopped onions
¼ cup fresh mushrooms, chopped
2 Tbsp. chives, chopped
1 clove garlic, minced
¼ tsp. pepper
⅔ cup cooked rice
½ cup fresh bread crumbs (1 slice of bread)
1 Tbsp. Parmesan cheese
1½ tsp. margarine, melted

Preheat oven to 350°. In medium saucepan, add 3½ qts. water and parboil peppers 3-5 minutes. Remove from water and drain. Put cut-side-up in shallow baking dish. In large bowl combine tomatoes, onions, mushrooms, chives, garlic, pepper and rice. Mix well. Divide mixture among pepper shells. In a small bowl, mix together bread crumbs, cheese and margarine. Sprinkle mixture over filled peppers. Pour ½ quart water or enough to fill bottom of baking dish ½". Bake peppers uncovered 25-30 minutes.

Serves 4

SAUTÉED ZUCCHINI AND CARROTS

6 carrots, thinly sliced
2 Tbsp. butter or margarine, melted
1 small onion, sliced
2 medium zucchini, sliced
3 Tbsp. chopped fresh basil (1 tsp. dried)
½ tsp. salt
¼ tsp. pepper

Cook carrots in butter over medium-high heat, stirring constantly for 4 minutes, or until tender crisp. Add onion, cook, stirring constantly for 1 minute. Stir in zucchini and remaining ingredients, stirring for 1 minute. Serve immediately.

Serves 6

CREAMY CARROT CASSEROLE

1½ lbs. carrots, peeled and sliced
1 cup mayonnaise
1 Tbsp. grated onion
1 Tbsp. horseradish
¼ cup grated Cheddar cheese
1 Tbsp. buttered bread crumbs

Cook carrots until just tender. Drain and reserve ¼ cup liquid. Put carrots in 1½ qt. baking dish. Combine mayonnaise, onion, horseradish and reserved liquid and mix with cooked carrots. Sprinkle with cheese and top with bread crumbs. Bake at 350° for 30 minutes.

Serves 5-6

SWEET AND SOUR BEETS

1 Tbsp. butter
1 small onion, chopped
4 Tbsp. brown sugar
1 Tbsp. cornstarch
½ tsp. salt
⅓ cup vinegar (white or cider)
1½ lb. cooked beets, sliced
2 tsp. caraway seeds

Melt butter and sauté onions over medium heat until soft, not brown. Stir in remaining ingredients except beets and caraway seeds. Cook gently. Stir until thickened. Add beets and stir until heated through. Serve hot or cold, sprinkled with caraway seeds.

Serves 4

TOMATOES STUFFED WITH SPINACH

6 large tomatoes
4 tsp. butter
½ cup onion, chopped
1 clove garlic, minced
1½ cups cooked spinach, chopped
½ tsp. basil
1 tsp. salt
½ cup seasoned bread crumbs
2 eggs
½ cup Parmesan cheese, grated
(or, ¼ cup Parmesan and ¼ cup Cheddar)

Peel tomatoes, scoop out seeds, turn upside down to drain. Set aside. Melt butter, add onion and garlic, cook until clear and tender. Add spinach, seasonings and bread crumbs. Mix well. Add slightly beaten eggs, cook, stirring constantly until eggs are firm. Stuff tomatoes with spinach mixture. Sprinkle cheese over top and dot with butter. Bake at 350° for 20 minutes or until brown on top and heated through.

Serves 6

FRESH TOMATO BAKED DISH

4 large tomatoes
salt and pepper
½ cup mayonnaise
6 finely chopped green onions
1 cup grated Cheddar cheese
1 cup grated Mozzarella cheese

Skin and slice the tomatoes. Place them in a shallow baking dish. Lightly salt and pepper them. Spread ½ cup mayonnaise over the tomatoes, then sprinkle 6 green onions over them. Mix cheeses together. Gently spread over the tomato mixture. Bake at 350° for 25-30 minutes.

Serves 6

SPINACH IN SHERRY OR MADEIRA

3 lbs. spinach
2 Tbsp. butter
¼ cup heavy cream
salt and pepper to taste
dash nutmeg
¼ lb. fresh mushrooms, sliced thinly
1 Tbsp. butter
2 Tbsp. Sherry or Madeira Wine

Wash the spinach thoroughly and cook it in the water that clings to the leaves, until it is barely tender. Put the spinach through the finest blade of a food chopper. Place in a bowl, add butter and cream, and beat well. Season the spinach to taste with salt and pepper and nutmeg, and keep it hot. Slice the mushrooms, sauté them in butter until tender. Add the mushrooms to the spinach, then add Sherry or Madeira. Heat the mixture gently.

Serves 6

SPINACH CASSEROLE

Great for a supper buffet

3 pkg. chopped frozen spinach
1 pkg. dry onion soup mix
3 cups sour cream
2 cups Pepperidge Farm Herb Dressing (stuffing)
1 stick (½ cup) butter

Boil spinach for 5 minutes. Drain well. Mix all ingredients thoroughly, reserving a little stuffing for top of casserole. Bake at 350° for 35 minutes.

Serves 8-10

ZUCCHINI CASSEROLE

3 or more cups shredded zucchini
1 tsp. salt
1 cup chopped celery
1 cup chopped onion
1 cup shredded carrots
2 Tbsp. flour
1 cup sour cream
grated sharp Cheddar cheese

Combine zucchini and salt. Drain in colander. Add drained zucchini to celery, onion and carrots. Mix flour and sour cream and add to vegetable mixture. Place in casserole dish, sprinkle with grated cheese. Bake at 425° for 20-30 minutes until bubbly.

Serves 6-8

WILD RICE CASSEROLE

2⅓ cups boiling water or chicken broth,
or 2 chicken bouillon cubes
1 Tbsp. butter, 1st amount
1 pkg. Knorr vegetable soup mix
1 7-oz. pkg. wild rice mix
¼ cup butter, 2nd amount
½ cup onion, chopped
½ cup celery, chopped
1 cup fresh mushrooms, sliced

Bring water to boil. Add butter, soup mix and rice. Simmer 25 minutes or until rice is cooked and water is absorbed. In fry pan sauté the ¼ cup butter, onion, celery and mushrooms. Mix vegetables with rice mixture. Pack into 4 cup mold or casserole. Bake at 325° for 20 minutes. Rice mixture mold may be prepared 1 or 2 days in advance. If chilled, may need baking a bit longer. Invert mold on plate to serve.

Serves 6

GREEN BEAN MEDLEY

1 lb. mushrooms, sliced
1 medium onion, sliced
1 clove garlic, minced
¼ cup butter
1 tsp. chicken powdered bouillon

White Sauce:

¼ cup butter
¼ cup flour
2 cups milk
1 cup light cream
¼ lb. sharp Cheddar cheese, grated
½ tsp. Tabasco sauce
2 tsp. soya sauce
½ tsp. pepper
1 tsp. salt
5 oz. can sliced water chestnuts, drained
French style green beans, ¾ of a 1 kg. pkg.
1 pkg. slivered almonds

Sauté mushrooms, onion, garlic in butter and bouillon. Set aside. Prepare white sauce with first 4 ingredients. Add to white sauce cheese, Tabasco, soya sauce, pepper, salt and water chestnuts. Add mushroom mixture to sauce. Mix thoroughly. Cook beans in salted water until tender. Combine with sauce. Place in casserole. Sprinkle slivered almonds on top. Bake at 375° for 20-25 minutes.

Serve 6

POTATO CASSEROLE

4-6 potatoes, peeled and thinly sliced
2 onions, thinly sliced
1 can mushroom soup
½ soup can milk
1 pkg. Stove Top Stuffing, with 2 Tbsp. butter

Layer potatoes and onions in greased casserole. Mix soup and milk and pour over potatoes and onions. Sauté stove top stuffing in butter, add water according to pkg. directions. Cover potatoes with the stuffing. Bake at 350° for ¾ hour with lid on, then ½ hour with lid off.

Serves 4-6

COLCANNON

The taste of the Irish

1¼ lb. (1 small) cabbage, sliced
1¼ lb. potatoes
1 cup leaks, well cleaned, chopped
2 Tbsp. milk
1 Tbsp. oil
½ tsp. mace
½ lb. bacon, broiled until crisp, chopped
½ cup cream
salt and pepper to taste
½ cup butter, melted

Boil cabbage until soft, drain and squeeze dry. Boil potatoes until tender, drain and mash. Add cabbage to potatoes. Cook leaks in milk, then sauté in oil to coat. Add to mixture. Add remaining ingredients, except butter, and mix thoroughly. Put in 2 qt. casserole, drizzle butter over top. If made ahead, reheat in 350° oven 30-40 minutes.

Serves 12

SLICED BAKED POTATOES

Will enhance a barbecue

4 medium potatoes
1 tsp. salt
3 Tbsp. butter
2-3 Tbsp. chopped fresh herbs, e.g. chives, parsley, thyme
2-3 tsp. dried herbs, e.g. basil, oregano
4 Tbsp. grated Cheddar cheese
1½ Tbsp. Parmesan cheese

If skin is tough, peel the potatoes, or scrub them clean. Cut thin slices into potatoes, but not right through to bottom. Fan them slightly. Sprinkle with salt. Drizzle with butter. Sprinkle with herbs. Bake for 1 hour or till done. Remove from oven and sprinkle with cheeses. Then bake again for 15 minutes until lightly browned and cheeses have melted.

Serves 4

SPICY POTATOES

2½ lb. potatoes
3 cloves garlic, minced
salt and pepper to taste
1 tsp. thyme
1 tsp. oregano
¼ cup olive oil (divided, ⅛ cup each)
1 Tbsp. Dijon mustard
2½ Tbsp. white wine vinegar
2 small onions, finely chopped
Romaine lettuce

Wash potatoes and cut into 1" slices. Mix garlic, salt, pepper, thyme, oregano with ⅛ cup of olive oil. Coat potatoes and place in greased baking pan. Bake at 375° for 55 minutes or until cooked. Remove potatoes from pan. Mix mustard, vinegar and onions together with drippings from pan. Add remaining ⅛ cup olive oil and combine until blended Add potatoes to mixture. Serve over chopped lettuce, at room temperature. Do not serve cold.

Serves 8

A SPECIAL WINTER POTATO CASSEROLE

6-8 large potatoes, cubed
½ cup green onions
salt and pepper to taste
2 cups sharp Cheddar cheese, grated
2 cups sour cream
½ cup butter, softened

Boil potatoes until barely tender. Chop onions, add salt and pepper, cheese, sour cream and butter. Toss gently with potatoes until thoroughly mixed. Pour into 13" x 9" casserole. Marinate in refrigerator 12 hours or overnight. Stir. Remove from refrigerator one hour before baking. If dry add more sour cream. Bake at 350° for 40 minutes.

Serves 8

MICROWAVE FRIES [M]

½ tsp. garlic salt
¼ tsp. paprika
⅛ tsp. pepper
1 tsp. vegetable oil
1 large potato, quartered
2 Tbsp. grated Parmesan cheese

Line microwave safe plate with a sheet of microwave paper. In medium bowl mix spices and oil. Cut each potato quarter into 4 or 5 thin slices. Toss in spice mixture until evenly coated. Place on lined plate. Sprinkle slices evenly with Parmesan cheese. Microwave on High 5 to 7 minutes or until tender, turning plate once. Let stand 1 minute. Serve.

Serves 1-2

PAPRIKA POTATOES [M]

2 Tbsp. butter or margarine
½ tsp. paprika (may add more if extra colour is desired)
¼ tsp. herb of your choice (suggestions - parsley, tarragon, marjoram)
4 medium potatoes, peeled and diced
salt to taste

In a 1½ qt. microwave casserole dish, place butter, paprika and herb. Cook 1 minute on high power, then stir well. Roll potatoes in melted butter mixture until well coated. Cover and cook on High power for 4 minutes. Stir potatoes to coat with butter mixture again. Cook uncovered another 4 to 5 minutes on High (or until potatoes are tender). Season with salt to taste

Serves 4-6

ITALIAN STYLE CAULIFLOWER [M]

Delicious hot or cold

1 medium head cauliflower
3 Tbsp. olive oil
2 Tbsp. balsamic or red wine vinegar
¼ tsp. salt
1 clove garlic, minced

Prepare and break cauliflower into florets. Cover cauliflower in a microwave dish with a casserole lid or vented plastic wrap. Cook on High for 4 minutes. Combine olive oil, vinegar, salt and garlic in a one cup microwave container. Microwave on Medium-High power for 1 minute or until heated thoroughly. Pour mixture over cauliflower and toss gently.

Serves 4

ITALIAN ZUCCHINI AND TOMATOES [M]

2 large tomatoes, peeled and thickly sliced
4-5 medium zucchini, sliced ¼" thick
¼ cup grated Parmesan cheese
½ tsp. basil
2 Tbsp. melted butter

Peel and slice tomatoes. Place in bottom of microwave safe casserole (about 8" x 8"). Slice zucchini, unpeeled. Combine remaining ingredients and toss with zucchini in separate bowl. Put zucchini on top of tomatoes. Cover and microwave on HIGH for 4-5 minutes.

Serves 4

VEGETABLE PLENTY WITH BECHAMEL SAUCE [M]

Very colourful dish

3 large carrots, cut into ¼" circular discs
3 stalks broccoli, separated into florets
½ head of small cauliflower, separated into florets
½ cup sliced fresh mushrooms

Arrange vegetables in a circular pattern in a microwave safe dish with the harder vegetable portions on the outside, and the softer ones towards the centre. Cover with vented plastic wrap and cook on High power for 5 minutes, or until desired tenderness. (Any combination of vegetables can be used) Serve with Bechamel Sauce.

Serves 4-6

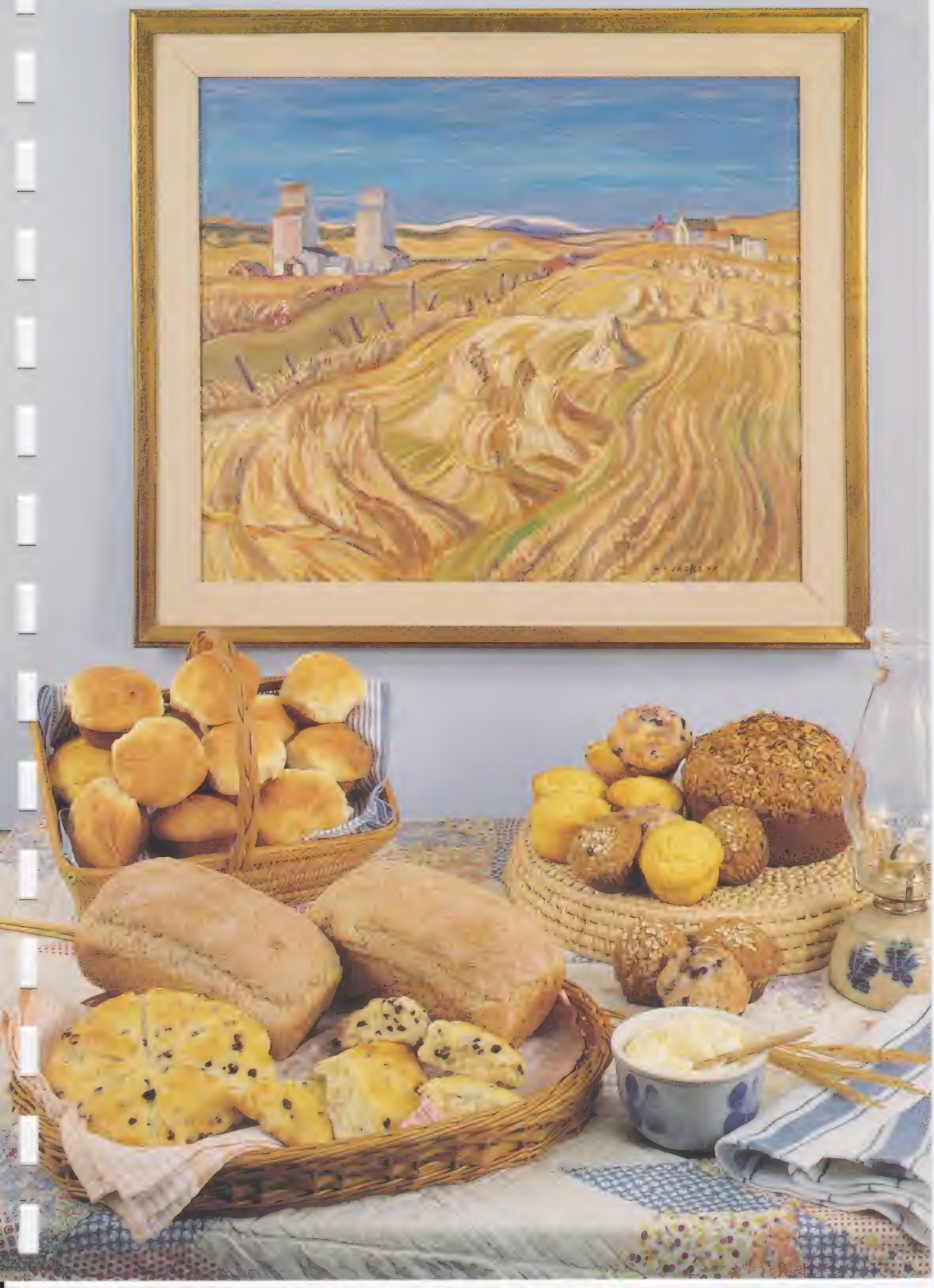
BECHAMEL SAUCE [M]

For vegetables

1 Tbsp. finely chopped onion
2 Tbsp. butter
1 Tbsp. flour
1 tsp. instant chicken bouillon
dash of pepper
½ cup light cream or evaporated milk
½ cup water

Melt butter with onion on High for approximately 30 seconds or until melted in a 2 cup microwave container. Stir in flour and blend until smooth. Add bouillon and pepper, mix well. Stir in cream and water. Microwave on High Power, stirring approximately every 30 seconds, for about 2½ minutes or until thickened. Pour over vegetables and serve.

Serves 4-6



Wheat Field in Alberta, 1950 - 51
Alexander Young Jackson (1882-1974)
oil on canvas, 55.9 cm x 66.3 cm
Gift of the Ford Motor Company of Canada, Limited, 1969

A. Y. Jackson was a founding member of the Toronto-based painters the Group of Seven who joined to form Canada's first nationalist school of landscape painting. Throughout his life he maintained an interest in the varied geography of Canada, from east to west.

Wheat Field in Alberta, probably inspired by harvesting season, was painted from sketches he made during one of his many sketching trips to the Prairies. It typifies the painting methods of his later years. His application of paint in sweeping brushstrokes effectively conveys the seemingly endless low-rolling hills of Alberta.

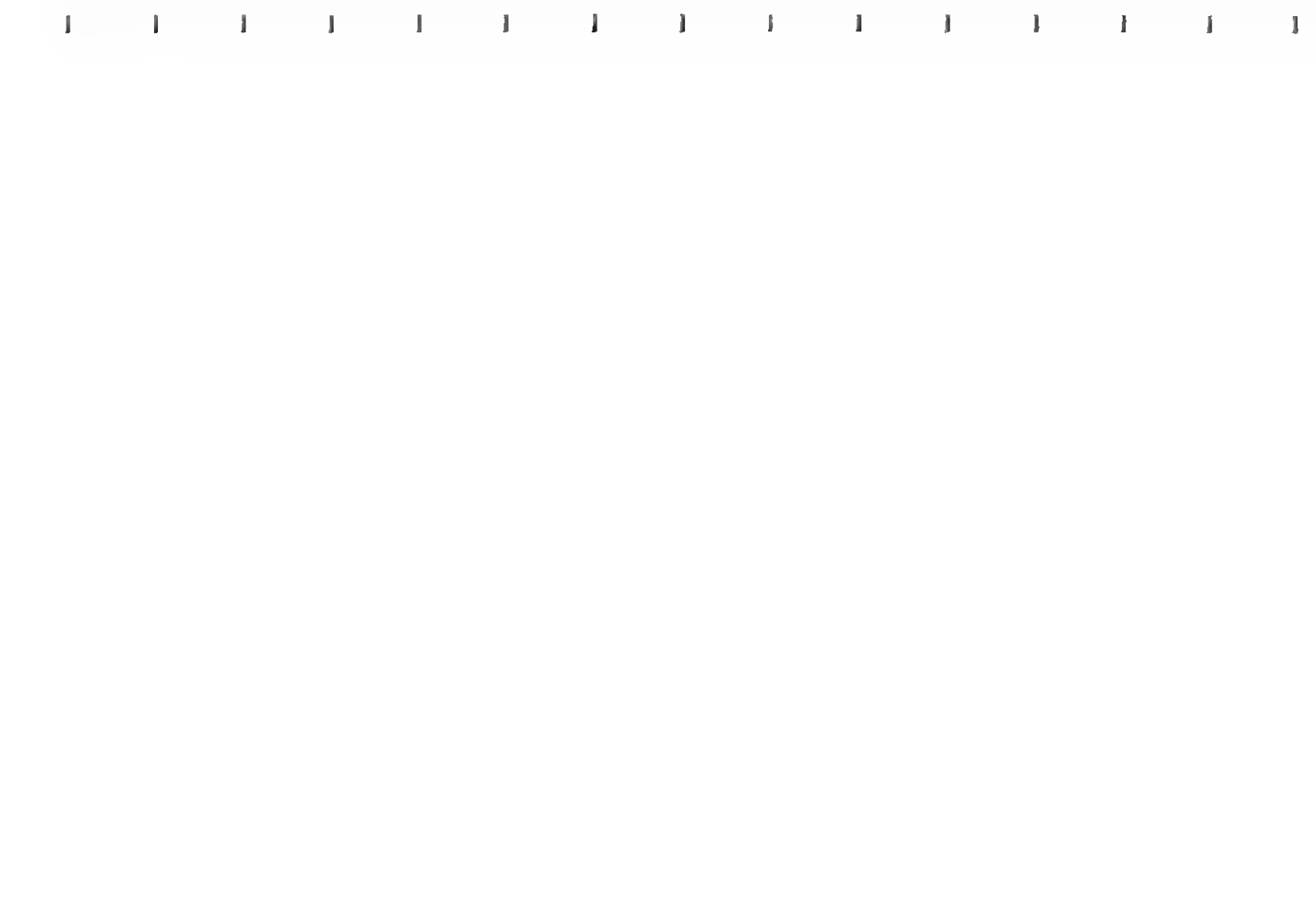
When he first saw this landscape in the 1930s, he remarked that it presented "a considerable challenge to the artist. The foregrounds are a problem, because so often there is nothing but a few weeds, scrub or stubble to get hold of." Later, however, he realized the full potential of his subject and remarked that, "the foothills of Alberta, with the mountains as a background afford the artist endless material."

Bread

Golden Cornmeal Muffins
"Wicked Good" Wild Blueberry Muffins
Muesli Bran Muffins
Toasted Hazelnut Pumpkin Bread
Currant Scones
Arnold's Bread
Rich Dinner Rolls

BREADS, MUFFINS AND COFFEE CAKES

Apple Coffee Cake 178
Arnold's Bread 175
Banana Breakfast Loaf 186
Cheddar Cheese Bread 175
Chelsea Bun Ring *(Microwave)* 189
Cranberry Poppy Seed Loaf 184
Four Seasons Strawberry Muffins 182
Golden Cornmeal Muffins 182
Hawaiian Loaf 188
Herb Bread Sticks 177
Mayonnaise Tea Biscuits 180
Merry Cherry Fruit Loaf 187
Microwave Boston Brown Bread *(Microwave)* 189
Muesli Bran Muffins 183
Oven-Rise Method for Yeast Breads and Rolls 173
P. B. & B. Bread 184
Pizza Quick Bread 176
Refrigerator Angel Biscuits 173
Rich Dinner Rolls 174
Ritz-Carleton Bran Muffins 183
Russian All-Butter Coffee Cake 179
Southern Corn Bread 176
Tropical Fruit Bread 185
Upside Down Herb Biscuits 177
"Wicked Good" Wild Blueberry Muffins 181



OVEN-RISE METHOD for YEAST BREADS AND ROLLS

Heat oven to 200°. Turn off the heat; open door for 5 minutes. Put bowl of dough in oven to rise, shutting door. If oven cools down too much while waiting for dough to rise, remove dough from oven and repeat procedure. This is a fool-proof way to let yeast dough rise in a warm place away from drafts.

REFRIGERATOR ANGEL BISCUITS

An "ethereal" dinner roll, from a very old recipe

1 pkg. active dry yeast
½ cup lukewarm water
5 cups all-purpose flour
4 tsp. double-acting baking powder
2 tsp. salt
3 Tbsp. sugar
¾ cup vegetable shortening, cut into bits
1 tsp. baking soda
2 cups buttermilk

In a small bowl proof the yeast in the warm water for 5 minutes, or until it is foamy. In a large bowl whisk together the flour, baking powder, salt and sugar. Blend in the shortening until the mixture resembles coarse crumbs. (A pastry blender works beautifully). In another small bowl stir together the baking soda and the buttermilk. Stir the buttermilk mixture into the flour mixture, then stir in the yeast mixture, stirring until it forms a dough and will form a ball. Chill the dough, covered, for at least 8 hours or overnight. When ready to bake, take as much dough as required - half will make 2 dozen biscuits, ¼ will make 12 biscuits. On a floured surface, knead the dough lightly 12 times and roll it out to a ½ inch thickness. Cut out biscuits with a floured 2" round cutter. Arrange on greased cookie sheet, 1 inch apart, and let rise, covered, in warm place, for one hour. Bake the biscuits in the middle of oven preheated to 400° for 13-15 minutes, or until they are golden. Serve warm. (May be made a dozen at a time - dough will keep in refrigerator for about 5 days.)

Yield: 4 dozen biscuits

RICH DINNER ROLLS

These wonderful no-knead rolls are tender, delicious, and SO EASY!

1 tsp. granulated sugar (lst amount)
½ cup warm water (105°-115°)
1 pkg. active dry yeast (1 Tbsp.)
1½ cups milk
¼ cup granulated sugar (2nd amount)
¼ cup shortening
2 tsp. salt
2 eggs, beaten
3¾ cups all-purpose flour, divided

Dissolve 1 tsp. sugar in warm water in large bowl. Sprinkle in yeast and let stand 10 minutes. Then stir well. Combine milk, ¼ cup sugar, shortening and salt in saucepan. Heat until lukewarm and shortening is melted. Stir well. (This step can be done in the microwave, but do not let it get hotter than lukewarm.). Add to yeast mixture along with the beaten eggs. Add 2¾ cups of the flour and beat vigorously with wooden spoon or electric mixer until smooth (about 3 minutes). Gradually stir in the remaining 1 cup flour. Batter will be soft. Cover with a tea towel and let rise in warm place until doubled (about 1 hour). Stir down dough and let stand 10 minutes. Fill greased muffin cups ½ full. Let rise until doubled (30-45 minutes). Bake at 375° for 20-25 minutes or until golden. Turn out of pans immediately. Serve warm or cool.

May be frozen Yield: 18 rolls

ARNOLD'S BREAD

Bread in the oven in 30 minutes? Unbelievable!

6 cups whole wheat flour
1 Tbsp. salt
¼ cup white sugar
2 pkg. quick rising yeast
3½ cups hot tap water (hot to hand)

Blend flour, salt, sugar and yeast. Mix in water, then beat 50 strokes or work for 1 minute in a mixer with a dough hook. (It will look like oatmeal.) Pour into 2 greased 8" x 4" loaf pans. Cover. Let rise no longer then 20 minutes. Bake for 15 minutes at 450°. Reduce heat to 350° and bake an additional 45 minutes. Remove from pans at once and cool. When completely cool, slice very thinly. Delicious served plain with butter or used as the base for an open-face sandwich.

May be frozen Yield: 2 small loaves

CHEDDAR CHEESE BREAD

Delicious! Easy! No-kneading required!

1 tsp. sugar
1 cup warm water (105°-115°)
1 pkg. active dry yeast (1 Tbsp.)
1 cup warm milk
2 Tbsp. butter
1 egg, beaten
4 cups all-purpose flour, divided
2 cups shredded sharp Cheddar cheese
1 Tbsp. salt

Dissolve sugar in warm water in large mixing bowl. Sprinkle in yeast, let stand 10 minutes, then stir well. Stir in warm milk, butter and beaten egg. Combine 2 cups flour, cheese and salt, stirring well to blend. Add flour/cheese mixture to yeast mixture and beat with electric mixer on medium speed for 5 minutes. Add remaining flour, beating well with a wooden spoon. Cover and let rise in warm place until doubled (about 45 minutes). Stir down and turn into two well greased 1 qt. casseroles. Let rise until doubled (about 30 minutes). Bake at 375° for 30-40 minutes. Remove from casseroles immediately and cool on wire racks.

May be frozen Yield: 2 round loaves

PIZZA QUICK BREAD

Delicious with soup or pasta

2¼ cups all-purpose flour
1 Tbsp. baking powder
½ tsp. salt
1 tsp. Italian Seasoning or ½ tsp. oregano and ½ tsp. basil
1 cup grated Cheddar cheese
½ cup grated Parmesan cheese
1 egg
½ cup mayonnaise
¾ cup milk
¼ cup tomato paste, with herbs and spices

Preheat oven to 375°. In medium bowl, combine flour, baking powder, salt and seasoning. Mix in cheeses. In large bowl beat together egg, mayonnaise and milk. Add dry ingredients to liquid ingredients and stir together until thoroughly mixed. Spoon ⅓ of the mixture into a greased 6 cup round (1.5 litre) casserole dish, or greased 8½" x 4½" loaf pan being sure to fill in any air spaces. With spatula spread half of the tomato paste over this layer. Spoon another ⅓ of bread mixture on top of the tomato paste, again pressing out air spaces. Spread remaining tomato paste over this. Top with remaining bread mixture, smoothing over the top and being sure there are no air spaces. Bake for 50 minutes, or until top is golden and toothpick inserted into centre comes out clean. Serve warm.

May be frozen Yield: 1 large round loaf or 1 large regular loaf

SOUTHERN CORNBREAD

1⅓ cups all-purpose flour
1⅓ cups cornmeal
⅓ cup sugar
5 tsp. baking powder
½ tsp. salt
1¼ cups milk
5 Tbsp. shortening, melted
2 eggs, lightly beaten
⅓ cup salsa

Preheat oven to 350°. In large bowl combine flour, cornmeal, sugar, baking powder and salt. In smaller bowl whisk together milk, shortening and eggs. Add liquid ingredients to dry mixture and combine until just mixed. Add salsa and blend thoroughly but do not overwork. Pour mixture into 8" x 8" pan and bake for 30 minutes, or until golden brown. Remove from pan and cut into squares. Serve immediately.

May be frozen Yield: 16 2" squares

HERB BREAD STICKS

Very tasty! Great with soup or salad!

1 loaf very thin white bread
(e.g. Pepperidge Farm or Lively Thins)
½ lb. butter, softened
4 Tbsp. sesame seeds
½ tsp. marjoram
½ tsp. basil
½ tsp. rosemary
2 Tbsp. chopped chives

Remove crusts from the bread. Mix all other ingredients together until well blended. Spread each slice of bread with the butter mixture. There will be enough to cover every slice perfectly. Cut each slice of bread into 3 strips. May be frozen at this point. To bake, place on cookie sheet lined with foil, 350° oven for 10-20 minutes, until crisp. Watch carefully that they do not get too brown.

May be frozen Yield: 5-5½ doz. bread sticks

UPSIDE DOWN HERB BISCUITS

"QUICK AND EASY". Takes 5 minutes to prepare

3 Tbsp. butter
1 tsp. parsley (fresh or dried)
1 Tbsp. grated Parmesan cheese
1 tsp. dill weed
1 Tbsp. sesame seeds
1 tsp. onion flakes
1 10-oz. tube refrigerated biscuit dough (Pillsbury)

Preheat oven to 400°. Melt butter in 9" round cake or pie pan. Sprinkle parsley, cheese, dill weed, sesame seeds and onion flakes on pan bottom. Cut the ten biscuits into halves or quarters and place on top of the herbs and butter in the pan. Bake for 10 minutes or until golden. Turn pan upside down on serving platter. Rolls can be pulled apart as required.

May be frozen Yield: 40 mini-rolls or 20 small rolls

APPLE COFFEE CAKE

2 cups flour
1¼ cups sugar
1 Tbsp. baking powder
½ tsp. baking soda
½ tsp. salt
1 tsp. cinnamon
¼ tsp. nutmeg
2 eggs
1 cup sour cream
¼ cup shortening, melted
1 cup grated, peeled apple

Preheat oven to 350°. Combine dry ingredients in a large mixing bowl. In another small bowl, beat eggs, sour cream and melted shortening together. Stir into dry ingredients, mixing just until blended. Stir in grated apple. Spread evenly in greased 9″ spring form pan. Sprinkle on topping. Bake for 45-50 minutes. Serve warm or let cool before serving.

Topping:

3 Tbsp. granulated sugar
2 Tbsp. flour
½ tsp. cinnamon
1 Tbsp. shortening, melted
½ cup chopped pecans

Combine all ingredients and sprinkle over top of cake batter before baking.

May be frozen Yield: one 9″ round coffee cake

RUSSIAN ALL-BUTTER COFFEE CAKE

This melt-in-your-mouth coffee cake will bring raves! (It requires overnight preparation.)

2½ cups flour
2 Tbsp. sugar (first amount)
½ tsp. salt
1 cup butter
½ cup milk
2 tsp. vanilla
2 pkg. (¼ oz. each) active dry yeast
2 tsp. sugar (2nd amount)
½ cup warm water
3 eggs, separated

Filling:

1 cup golden raisins
1 cup sugar
1 tsp. cinnamon
grated rind of 2 oranges

Sift flour, 2 Tbsp. of sugar and salt into a large bowl. Set aside. In saucepan, heat together the butter, milk and vanilla until butter is melted. Cool. Dissolve yeast in warm water with 2 tsp. of sugar. Let stand 5 minutes. Add egg yolks and mix. Add to the flour mixture. Pour in the cooled milk mixture. Beat until smooth and soft. Place in large covered bowl; cover and put in refrigerator overnight. Chill reserved egg whites. Next day, preheat oven to 350°. Beat egg whites until stiff. Fold filling ingredients gently into beaten egg whites. Divide the chilled dough in half. On floured board, roll out each half to a 20″ x 12″ rectangle. Spread each rectangle with half of the filling mixture. Starting at the 12″ side, roll up each rectangle jelly-roll style, sealing the ends. Place both rolls in a greased tube pan with high sides, (an angel cake pan is good) so ends are overlapping each other. Bake in oven 1 hour and 15 minutes.

May be frozen Yield: 1 tube coffee cake

MAYONNAISE TEA BISCUITS

These delicious biscuits are so easy and so versatile.

1 cup flour (first amount)
1½ tsp. baking powder
¼ tsp. salt
½ cup milk less 1 Tbsp.
¼ cup mayonnaise
2 Tbsp. flour (second amount)

Preheat oven to 425°. Blend first three ingredients. Add milk and mayonnaise and mix well. Dough will be sticky. Put 2 Tbsp. flour on board, turn dough out onto board and gently pat flour around it so that it can be handled more easily. Knead gently up to 10 times, working in most of the flour until dough is no longer sticky. Pat out to ¼ inch thickness. Cut out with small round cookie cutter (2"), and place in an 8" square pan. Bake 15-20 minutes.

Variations:

Shortcakes - add 1 Tbsp. white sugar to dough. Cut out with a 2½" cookie cutter.

Breakfast Biscuits - add ¼ cup grated Cheddar cheese and 2 Tbsp. crumbled crisp bacon to dough.

Cinnamon Rolls - after kneading, roll dough into an 8" square, spread surface with butter, then sprinkle generously with a mixture of granulated sugar (¼ cup) and cinnamon (2 tsp.). Roll up jelly roll style and cut into 8 rounds. Place in 8" square pan, flat side down, and sprinkle a little more cinnamon sugar on top. Bake as above.

Scones - Add 1 Tbsp. granulated sugar and ½ cup currants to the dough; after kneading, form into a 7-8" round; score the round of dough in wagon wheel fashion, into 6 or 8 wedges. Paint top with egg yolk mixed with a little milk. Bake as for biscuits.

May be frozen

Yield: 8 biscuits

"WICKED GOOD" WILD BLUEBERRY MUFFINS

This recipe comes from New England, where wild blueberries abound. The natives call the wild blueberries "wicked good" meaning a flavour that can't be beat!

½ cup butter
1¼ cups sugar (lst amount)
2 eggs
2 cups flour
½ tsp. salt
1½ tsp. baking powder
½ cup milk
2 cups fresh wild blueberries, washed and picked over
or 2 cups frozen wild blueberries
1 Tbsp. granulated sugar (2nd amount)
½ tsp. cinnamon

Preheat oven to 375°. Cream butter and 1¼ cups sugar until light. Add eggs one at a time, beating well after each addition. Sift together flour, salt and baking powder, and add to the creamed mixture alternately with the milk. Crush ½ cup blueberries with a fork and mix into the batter. If using frozen berries, fold in berries without crushing. Fold in remaining whole berries. Grease 12 large muffin tins and fill with batter. Mix 1 Tbsp. sugar with ½ tsp. cinnamon and sprinkle over the tops. Bake at 375° for 30 minutes. Cool 30 minutes before removing from pan.

May be frozen Yield: 12-14 large muffins

FOUR SEASONS STRAWBERRY MUFFINS

Made with frozen strawberries; the delicious taste of summer any time of the year

1 10-oz. pkg. frozen strawberries (unsweetened)
1¾ cups flour
1 Tbsp. baking powder
½ tsp. salt
¾ cup white sugar
2 eggs
½ tsp. vanilla
½ cup vegetable oil
1 Tbsp. white sugar (for topping)
½ tsp. cinnamon

Preheat oven to 400°. Thaw strawberries and mash slightly. Sift dry ingredients together in a large bowl. In a separate bowl, whisk together eggs, vanilla, oil and strawberries. Stir into dry ingredients, mixing gently until just blended. Spoon into greased muffin pan and sprinkle with mixture of 1 Tbsp. white sugar and ½ tsp. cinnamon. Bake 20-25 minutes. If making bite-size muffins bake about 15 minutes.

May be frozen Yield: 15 large or 30 mini-muffins

GOLDEN CORNMEAL MUFFINS

A breakfast treat in less than half an hour

1 cup all-purpose flour
3 tsp. baking powder
½ tsp. salt
½ cup sugar
¾ cup cornmeal
¼ cup toasted wheat germ
1 egg
1¼ cups milk
⅓ cup melted shortening or peanut oil
¼ cup drained kernel corn (optional)
2 Tbsp.crumbled crisp bacon (optional)

Preheat oven to 425°. Stir flour with baking powder and salt. Add sugar, cornmeal, wheat germ and mix well. Stir in corn and bacon bits if desired. Beat egg with milk and oil. Add all at once to dry ingredients, and stir just enough to mix. It doesn't matter if batter is lumpy. Pour into greased muffin pan and bake at 425° for 20 25 minutes or until golden. Best served warm from the oven or toasted with jam or maple syrup. Do not overcook.

May be frozen Yield: 12 large muffins

MUESLI BRAN MUFFINS

A dense textured muffin chock full of goodness and flavour

2 cups all-purpose flour
1½ cups raisins
1 cup muesli
1 cup natural bran
1 cup packed brown sugar
1 tsp. salt
1½ tsp. baking soda
1 cup plain yogurt
1 cup milk
⅔ cup vegetable oil
¼ cup molasses
2 Tbsp. rolled oats

Heat oven to 400°. In large bowl mix together flour, raisins, muesli, bran, brown sugar, baking soda and salt. In separate bowl whisk together yogurt, milk, oil and molasses. Stir into dry ingredients until just moistened. Spoon batter into large greased muffin cups, filling to the top. Sprinkle with rolled oats. Bake for 20 minutes or until tops are firm to the touch.

May be frozen Yield: 1½ dozen muffins

RITZ-CARLTON BRAN MUFFINS

High fibre, low cholesterol, great taste!

⅔ cup white sugar
¼ cup oil (canola)
1 large egg (or ¼ cup Eggbeaters)
3 Tbsp. honey
1½ tsp. baking soda
¾ tsp. salt
1 cup flour
1½ cups bran
1 cup buttermilk (or no-fat buttermilk)
¾ cup golden raisins
½-¾ cup peeled diced apples

Preheat oven to 350°. Cream sugar, oil, eggs and honey. Add soda and salt. Blend in flour and bran, then add buttermilk, stirring until just blended. Stir in raisins and apples. Spoon into greased muffin cups (about half full) and bake for 15-20 minutes. (Batter will keep in refrigerator for several days.)

May be frozen Yield: 15 muffins

P.B. & B. BREAD

Peanut butter and banana, of course! Children will love it.

1¾ cups all-purpose flour
⅔ cup granulated sugar
2 tsp. baking powder
¼ tsp. baking soda
½ tsp. salt
½ cup butter or margarine (softened)
2 ripe bananas, mashed (about 1 cup)
2 eggs
1 cup chunky peanut butter

Preheat oven to 350°. Grease an 8½" x 4½" loaf pan, or 3 mini-loaf pans. Combine flour, sugar, baking powder, baking soda and salt. In a large bowl combine and blend well the butter, bananas, eggs and peanut butter. Add flour mixture, stirring until just combined. Spoon into prepared pans. Bake large loaf for 1½ hours and small loaves for 35-40 minutes or until wooden pick in centre comes out clean. Cool in pan on wire rack for 5 minutes, before removing to cool completely.

May be frozen Yield: 1 large loaf or 3 small loaves

CRANBERRY POPPY SEED LOAF

"I can't believe it's '0' cholesterol!"

2½ cups all-purpose flour
¾ cup white sugar
2 Tbsp. poppy seeds
1 Tbsp. baking powder
1 cup skim milk
⅓ cup "0" cholesterol margarine, melted (not "LITE" MARGARINE)
¼ cup egg substitute (e.g. Eggbeaters)
1 tsp. vanilla
2 tsp. grated lemon peel
1 cup fresh or frozen cranberries, chopped

Preheat oven to 350°. Grease 8½" x 4½" loaf pan. In a large bowl mix flour, sugar, poppy seeds and baking powder. In another bowl blend milk, melted margarine, egg substitute, vanilla and lemon peel. Stir into the flour mixture until just moistened. Stir in chopped cranberries. Spoon into prepared pan and bake 60-70 minutes or until wooden pick inserted in centre comes out clean. Cool 5 minutes before removing from pan. Glaze if desired with a thin glaze of icing sugar and milk, while warm.

May be frozen Yield: 1 large loaf

TROPICAL FRUIT BREAD

⅔ cup sugar
½ cup margarine (no-cholesterol type)
2 eggs (or ½ cup egg substitute e.g. Eggbeaters)
1 cup mashed ripe bananas (2 or 3)
¼ cup buttermilk
1¼ cups all-purpose flour
1 tsp. baking powder
½ tsp. salt
½ tsp. baking soda
1 cup whole bran cereal
¾ cup chopped dried apricots
½ cup coarsely chopped walnuts or pecans, optional

Preheat oven to 350°. Grease a 9″ x 5″ loaf pan. Cream margarine and sugar, then beat in eggs. Combine bananas and buttermilk and set aside. Blend dry ingredients; add to creamed mixture, alternately with banana mixture. Stir in apricots, bran and nuts. Spoon into prepared pan and bake 55-65 minutes or until toothpick placed in centre comes out clean.

Food Processor Method:

Mash bananas with steel blade. Add remainder of ingredients, (except for apricots and nuts) cutting margarine into 4 pieces. Process until just mixed. Add apricots and nuts and turn on processor until just mixed. Bake as above.

Yield: one 9″ x 5″ loaf

BANANA BREAKFAST LOAF

Enjoy this moist, tasty loaf at any time of the day.

1 cup flour
¾ cup quick cooking oatmeal
½ tsp. salt
½ tsp. baking soda
¼ tsp. baking powder
¾ tsp. ground ginger
2 eggs
½ cup sugar
½ cup vegetable oil
½ tsp. vanilla
¾ cup mashed banana, ripe, but not black
¼ cup orange juice

Preheat oven to 375°. Mix first six ingredients together. Beat eggs with sugar and oil; add vanilla. Stir dry ingredients into the egg mixture just until mixed. Blend mashed bananas and orange juice until well mixed, and add to other mixture, stirring to combine evenly. Pour into greased 8" x 4" loaf pan and bake for 45-50 minutes until browned, and toothpick placed in centre comes out clean. Run knife around edge of loaf pan. Let bread cool in pan for 10 minutes before turning onto wire rack to cool completely. Cover and store. (This loaf is better on the second day.)

May be frozen Yield: 1 loaf

MERRY CHERRY FRUIT LOAF

A very pretty loaf for Christmas time

1 6-oz. jar red maraschino cherries, drained, reserve juice
2½ cups sifted all-purpose flour
4 tsp. baking powder
½ tsp. salt
1 cup brown sugar
⅓ cup juice drained from cherries
⅔ cup milk (first amount)
2 eggs
⅓ cup melted butter or margarine
¾ cup golden raisins (or mix ½ cup raisins and ¼ cup chopped dried apricots)
½ cup slivered almonds
1 Tbsp. finely grated orange rind
½ cup sifted icing sugar
2 Tbsp. milk (second amount)

Preheat oven to 350°. Drain cherries, reserving the juice. Cut cherries in half. Sift dry ingredients. Combine juice, milk, eggs and melted butter. Stir into flour mixture, until mixed but still lumpy. Fold in fruit, nuts and rind. Turn into a greased 9″ x 5″ loaf pan and bake 60-70 minutes, until browned. Combine icing sugar and 2 Tbsp. milk to make glaze. Pour over hot loaf. Let cool completely before storing.

May be frozen Yield: 1 loaf

HAWAIIAN LOAF

2 cups flour
2 tsp. baking soda
1 tsp. cinnamon
½ tsp. salt
¼ cup chopped macadamia nuts (or filberts)
½ cup raisins
½ cup coconut
1½ cups white sugar
2 cups finely grated carrots
¾ cup vegetable oil
3 eggs
1 tsp. vanilla

Preheat oven to 350°. Sift together first 4 ingredients. Stir in nuts, raisins, coconut, sugar and carrots. Make a well in the centre and add remaining ingredients and mix well. Pour into 4 small loaf pans that have been greased. Let stand 20 minutes before baking. Bake for 40-45 minutes. Cool in pan 20 minutes and turn onto rack. Return to pan to glaze. Glaze while still warm. (If you wish to bake loaf in 2 medium pans, bake at least 1-1¼ hours or until toothpick inserted in centre comes out clean.)

Glaze:

2 Tbsp. frozen concentrated pineapple juice
(or orange/pineapple juice)
½ cup icing sugar

Mix above 2 ingredients and pour over each warm loaf which has been returned to pan.

May be frozen Yield: 4 small loaves or 2 medium loaves

MICROWAVE BOSTON BROWN BREAD [M]

Serve Boston Brown Bread with Boston Baked Beans.

½ cup all-purpose flour or graham flour
½ cup whole wheat flour
½ cup cornmeal
1 tsp. baking soda
½ tsp. salt
½ cup raisins
1 cup buttermilk
⅓ cup molasses
¼ cup melted shortening or vegetable oil

Combine dry ingredients in a medium mixing bowl. Add rest of ingredients and mix well. Line bottom of 2 cup glass measuring cup with a circle of wax paper. Pour in half the batter. Cover with plastic wrap. Microwave on 50% power for 5 minutes; rotate, then cook 2 minutes. Test top - if it does not spring back when touched lightly, continue to microwave at 50% power for 1 minute intervals until it does spring back when lightly touched in centre and batter on sides of cup appears cooked. Cool 5-10 minutes before removing from cup. Repeat with remaining batter. Bread can also be made in 6 custard cups, microwaving three at a time.

May be frozen Yield: 2 small loaves or 6 muffin size loaves

CHELSEA BUN RING [M]

¼ cup butter
½ cup brown sugar
2 tsp. corn syrup
¼ tsp. cinnamon
½ cup pecan halves
½ cup maraschino cherries, cut in half or ½ cup raisins
1 10-oz. can refrigerated buttermilk or sweet milk biscuit dough

Combine butter, brown sugar, corn syrup and cinnamon in a 9" glass pie plate. Microwave on High for 30-60 seconds to melt butter. Stir mixture and spread over the bottom of pie plate, leaving a space in the centre. Place a glass or custard cup right side up in the centre of plate. Arrange pecans and cherries (cut side up) over the mixture. (If using raisins, scatter over the sugar mixture in the pie plate.) Microwave on Medium (50% power) for 7-9 minutes. Remove glass and invert ring onto a serving plate. Leave pie plate over the bread ring for 5 minutes, or until syrup becomes sticky. Serve warm.

Yield: 10 biscuits

Photographed in the Uncommon Market,
Art Gallery of Windsor, 1994.

Desserts

Mile High Strawberry Pie
Apricot Bavarian Cream
Pears in Wine

DESSERTS

Apple Oatmeal Crunch 198
Apricot Bavarian Cream 195
Baked Apples in Gingered Custard 197
Baked Stuffed Peaches. 196
Bananas in Foil 196
Banana Orange Surprise 200
Banana Satin Fruit Topping 220
Black Magic Pie 208
Bread Pudding New Orleans 213
Caramel Crumble Apple Pie 212
Chocolate Angel Dessert 201
Chocolate Bombe 201
Chocolate Dream Cheesecake 217
Chocolate Orange Cheesecake 215
Drumstick 219
English Apple Sponge Pudding 214
Fabulous White Chocolate Cheesecake with Raspberry Sauce . 216
Frangipan Tarts (Franzipan) 214
Fresh Strawberry Pie *(Microwave)* 221
Fruited Phylo Nests 218
Heavenly Angel Food Cake 199
Individual Baked Alaska 203
Lemon Cheese Pie 209
Lemon Soufflé Pie 210
Low Calorie Cheesecake 216
Microwave Rice Pudding *(Microwave)* 221
Mile High Strawberry Pie 207
Orange Pecan Pie 205
Orange Petal Pumpkin Pie 211
Party Ice Cream 204
Pat-In-Pastry 212
Pavlova Melbourne 203
Pears in Wine 198
Pecan Apple Cake 222
Raspberry Velvet Pie 207
Ricotta Fruit Topping 220
Rum Chocolate Mousse 195
Rum Cream Pie 209
Sauce for Crêpes 220
Sour Cream Peach Pie 205
Strawberry Ambrosia Dessert 202
Strawberry Cheesecake Trifle 218
Strawberry/Rhubarb Pie with Custard Sauce 206
Tiramisu 204
Vanilla Smoothy Dessert 200
White Cloud 199

APRICOT BAVARIAN CREAM

A delicious light dessert

1½ cups (8oz.) dried apricots
1 3-oz. pkg. orange flavoured gelatin
2 Tbsp. sugar
1 cup boiling water
1 cup Dream Whip dessert topping or whipped cream

Cover apricots with water. Bring to a boil, cover, reduce heat and simmer until tender. Drain, reserving liquid. Add water to make 1 cup. Mash apricots and set aside. Dissolve orange gelatin and sugar in 1 cup boiling water. Add liquid and apricots. Chill until slightly thickened. Prepare dessert topping as directed on package; blend into apricot mixture. Pile lightly in sherbet glasses. Chill until firm. Serve with whipped topping and shaved almonds (optional).

Serves 6-8

RUM CHOCOLATE MOUSSE

Perfect ending to that "special" dinner for two

¼ cup sugar
3 Tbsp. rum
4 squares semi-sweet chocolate
3 Tbsp. whipping cream, unwhipped
2 egg whites, stiffly beaten
2 cups whipped cream

In a small saucepan cook sugar and rum over low heat until sugar is dissolved. In a double boiler melt chocolate. Stir in 3 Tbsp. whipping cream. Add sugar and rum mixture to chocolate mixture. Cool. Fold in stiffly beaten egg whites; fold this mixture very gently into prepared whipped cream. Chill in sherbet glasses at least 2 hours before serving. If desired, top with whipped cream and garnish with strawberry slices.

Serves 4-6

BAKED STUFFED PEACHES

6 ripe firm peaches
or 12 canned peach halves, drained
½ cup light rum
6-7 almond macaroons
or 5 regular macaroons plus ½ cup slivered almonds
2 Tbsp. white sugar
2 egg yolks
3 Tbsp. butter, melted
whipped cream for topping

Peel peaches and cut in half, removing stone. Place peaches in bottom of buttered baking dish and spoon 1 tsp. of rum over each. Put macaroons and almonds in food processor and process until coarse. Add sugar, egg yolks and 2 tsp. of melted butter and mix well. Fill cavities of peach halves with the macaroon mixture. Drizzle with the rest of the melted butter. Bake at 350° for 30 minutes, or until lightly browned, basting frequently with the rest of the rum and the pan juices. Serve warm with whipped cream. May also be served cold if desired.

Serves 6-12

BANANAS IN FOIL

4 bananas
finely grated rind and juice of 1 lemon
4 level dessert spoons brown sugar
4 level dessert spoons clear honey
4 level dessert spoons desiccated coconut

Peel the bananas and place each one on a square of foil. Sprinkle each with a little lemon rind and juice, brown sugar and clear honey. Top with coconut. Fold foil over each to form a seal. Twist the ends to secure. Place in base of a grill pan under a hot grill for 10 minutes or on a baking sheet at 400° for approx. 10 minutes. Serve with a dollop of whipped cream or a drizzle of chocolate sauce.

Serves 4

BAKED APPLES IN GINGERED CUSTARD

4 large cooking apples cored and peeled
(peel half way down from stem only)
½ cup sugar
2 Tbsp. butter or margarine
½ cup water

Preheat oven to 350°. Place prepared apples in 9" baking dish. Set aside. In a sauce pan combine sugar, butter and ½ cup water. Bring to a boil and continue to boil for 5 minutes until mixture forms a syrup. Pour syrup over apples and bake for 45 minutes. Baste several times.

Custard:

2 cups milk
½ cup sugar
2 in. piece fresh ginger-root, peeled
4 egg yolks, slightly beaten
½ tsp. vanilla

In a saucepan combine milk, sugar and peeled ginger-root. Cook over medium heat 4 or 5 minutes, stirring constantly. Remove from heat and discard ginger-root. Stir a small amount of hot mixture into beaten egg yolks. Slowly stir this mixture back into hot milk. Cook 3 or 4 minutes longer. Stir in vanilla. Spoon over apples to serve.

Serves 4

PEARS IN WINE

With Ice cream

½ cup granulated sugar
½ cup water
½ cup Sauterne wine
2" cinnamon stick
Peel of 1 lemon, cut in spiral
pinch of salt
½ tsp. vanilla
4 ripe fresh pears
1 pint chocolate or your choice of ice cream

Combine sugar, water, wine, cinnamon stick, lemon peel and salt in a saucepan. Bring to boil gradually. Reduce heat and simmer for 10 minutes. Add vanilla. Peel, halve and core pears. Cut into quarters. Add to hot syrup and simmer covered, about 5 minutes or until pears are just tender. Remove pears carefully to serving dish. Let syrup cook down, uncovered, to about one-third of volume, then pour over pears. Serve pears warm with a scoop of chocolate ice cream over each portion, or cold, with whipped cream. Use lemon peel (slivered) as a garnish.

Serves 4

APPLE OATMEAL CRUNCH

4-5 tart apples, peeled and sliced
6 Tbsp. brown sugar
6 Tbsp. granulated sugar
½ cup flour
¾ cup oats (not quick cooking)
½ cup butter, melted
shake of nutmeg, cinnamon
½ cup water

Spread apples in 8" x 8" dish; sprinkle with brown sugar. Combine sugar, flour, oats. Stir melted butter into dry ingredients. Spread mixture over apples. Shake nutmeg and cinnamon over top. Pour water over mixture. Bake at 375° for 30 minutes. Serve with ice cream, whipped cream or hot brown sugar sauce. (see page 222)

Serves 8

WHITE CLOUD

As easy to make as it is to eat

1 Angel food cake
1½ envelopes gelatin
1½ cups milk (divided)
3 egg yolks, beaten
⅛ tsp. salt
1 cup white sugar
2 egg whites, stiffly beaten
1 cup whipping cream, whipped

Break cake into pieces in large shallow dish. Stir gelatin in ½ cup milk. In a sauce pan stir together remaining milk, beaten egg yolks, salt and sugar. Add gelatin mixture. Cook until mixture thickens and coats a spoon. Chill until cool but not set. Combine beaten egg whites and whipped cream. Fold into gelatin mixture. Pour over cake and chill.

Sauce:

1 cup brown sugar
6 Tbsp. butter
½ cup light cream

Combine and cook over low heat stirring until sugar is dissolved. Simmer three minutes longer. Pour over individual portions before serving.

Variation: Raspberry or Blueberry sauce

Serves 8

HEAVENLY ANGEL FOOD CAKE

Lovely to look at served on your prettiest cake plate

8 small or 2 large Hershey bars, a total of 9¾ oz.
40 large marshmallows
⅔ cup coffee cream
½ cup whipping cream, whipped
1 Angel food cake
1 cup whipping cream, whipped (2nd amount)

Melt chocolate bars, marshmallows and coffee cream in top of double boiler. Cool. Fold in 1st amount of whipped cream. Cut cake into 3 layers. Ice layers, top and sides of cake with chocolate mixture. Cover all with second amount of whipped cream. When slicing this cake use a sharp knife.

Serves 12

VANILLA SMOOTHY DESSERT

Base:

1 8-oz. pkg. plain Ritz crackers, crushed (70)
¾ cup chopped nuts
¼ cup butter, melted

Combine all ingredients, blending well. Press into 13" x 9" pan. Reserve ¾ cup crumbs to sprinkle on top.

Filling:

½ gal. (2L) vanilla ice cream
2 3-oz. pkg. vanilla instant pudding
1½ cups milk
1 container (1L) Cool Whip

In a large bowl soften ice cream and beat until smooth. Add vanilla pudding and milk; mix until smooth. Pour over crumbs. Refrigerate 1 hour to set. Spread ¾ of container of Cool Whip on top. Sprinkle with reserved crumbs. This may be frozen. Remove from freezer and place in refrigerator 1 hour before serving. Keep refrigerated.

Variation: prepare in 10" spring form pan.

May be frozen Serves 12

BANANA ORANGE SURPRISE

Have this dessert ready when your Bridge group arrives

1½ cups graham wafer crumbs
¼ cup white sugar
½ cup butter, melted
1 6-oz. pkg. Vanilla Pudding and Pie Filling
1 8-oz. pkg. cream cheese, softened
3 or 4 bananas
1 can Mandarin oranges, drained
whipping cream

Combine graham wafer crumbs, sugar and butter. Press into 13" x 9" pyrex pan and bake at 350° for 8 minutes. Cool. Prepare pudding as directed on package. Beat cream cheese briefly and add to hot pudding. Stir until thoroughly blended. Cool. When ready to assemble, slice bananas over crust. Add oranges to pudding mixture and spoon over bananas. Serve topped with whipped cream. May be made a day ahead.

Serves 12

CHOCOLATE ANGEL DESSERT

6 oz. semi-sweet chocolate
4 Tbsp. sugar
2 Tbsp. cold water
5 eggs, separated
1 tsp. vanilla
1 large angel food cake (broken into pieces)
whipped cream
cherries for garnish

In a double boiler, cook chocolate, sugar and water until melted. Cool. Add beaten egg yolks. Fold in beaten egg whites and vanilla. In a 9" x 9" pyrex dish alternate layers of cake and filling ending with chocolate. Chill 24 to 36 hours. Top with whipped cream and garnish with a cherry.

Serves 9-12

CHOCOLATE BOMBE

This is a very elegant dessert to have prepared ahead of time

½ pkg. chocolate wafers, crushed
1 qt. rich chocolate ice cream
8 oz. pkg. semi-sweet chocolate
1 carton whipping cream (not whipped)
1 Tbsp. rum or brandy
1 tsp. dry instant coffee
1 qt. coffee ice cream
2 Laura Secord butter crunch chocolate bars
or Crispy Crunch bars

Oil a 9" spring form pan. Press half of the wafer crumbs in bottom. In a small bowl soften the chocolate ice cream and carefully spread over crumbs. Place in freezer. In a double boiler combine next four ingredients and cook until chocolate is melted; blend well. Cool. Pour half of mixture over ice cream. Repeat with remaining crumbs, softened coffee ice cream and remaining chocolate mixture. Sprinkle with crushed chocolate bars and freeze.

Must be frozen

Serves 12

STRAWBERRY AMBROSIA DESSERT

A light and lovely summer dessert

Base:

1½ cups vanilla wafer crumbs
⅓ cup butter, melted
½ cup pecans, chopped
⅓ cup packed brown sugar

Combine all ingredients blending well with a fork. Press into 9″ spring form pan.

2nd layer:

4 egg whites
½ cup white sugar

Beat egg whites until soft peaks form. Gradually beat in ½ cup sugar until stiff peaks form. Spoon meringue over the crumb mixture. Bake at 350° for 16 to 18 minutes or until meringue is nicely browned. Cool completely.

3rd layer:

1 10-oz. pkg. frozen strawberries, well drained
or 1 pint fresh strawberries
3 Tbsp. white sugar
1 cup whipping cream, whipped
1 Tbsp. white sugar
½ tsp. vanilla

Drain frozen strawberries well, reserving juice for glaze. Three hours before serving spoon strawberries over meringue. To prepare glaze, heat reserved juice in small saucepan adding only enough cornstarch to thicken. Cook until moderately thick and mixture turns shiny. Spoon glaze over strawberries. Prepare whipping cream, adding sugar and vanilla. Before serving slice a few fresh strawberries over glaze and top with whipped cream.

Serves 12

INDIVIDUAL BAKED ALASKA

4 egg whites
⅛ tsp. salt
½ cup fine granulated sugar
6 slices jelly roll, cake or brownies (2" circles or squares)
6 scoops ice cream

In a small bowl, beat egg whites and salt until soft peaks form. Gradually add sugar, a spoonful at a time, beating until stiff and glossy. Place jelly roll or cake slices on ungreased baking sheet. Top each with ice cream and quickly cover with meringue being sure to seal edges completely. Swirl meringue into peaks. Keep in freezer until ready to bake, (at least 2 hours). Bake at 475° directly from freezer for 2-4 minutes or until meringue peaks are delicately browned. Serve immediately.

Variation: Before covering with meringue, poke a hole in the ice cream, and fill with chocolate sauce or liqueur.

Must be frozen Serves 6

PAVLOVA MELBOURNE

6 egg whites (room temperature)
1 cup granulated sugar
1 Tbsp. vinegar
2 Tbsp. cornstarch
1 tsp. vanilla
½ pint whipping cream
1 Tbsp. sugar (second amount)
fruit

Draw an 8" circle on waxpaper. Grease area on baking sheet, place waxed paper on baking sheet and grease paper. Beat egg whites until stiff and stand in peaks. Gradually add sugar, one tablespoon at a time beating until very stiff; beat in vinegar, cornstarch and vanilla. Spread evenly over prepared waxed paper circle. Bake at 300° for about one hour. Reduce oven to 250° and bake an additional 15 minutes. Leave in oven to cool. When ready to serve, place meringue on serving plate. Spread generously with ½ pint whipped cream, sweetened with 1 Tbsp. sugar. Top with desired fruit. e.g. raspberries, strawberries, kiwi, peaches etc.

Serves 10

TIRAMISU

3 large eggs, separated
½ cup white sugar
½ lb. marscarpone cheese
1 Tbsp. rum
1 30-oz. pkg. ladyfingers
4 oz. sweet cooking chocolate
½ cup triple strength espresso coffee
½ cup whipping cream
¼ tsp. vanilla
Garnish: chocolate curls

In a large bowl combine egg yolks and sugar, beat until light (about 2 minutes). Mix in marscarpone, add rum. Beat egg whites until stiff but not dry. Using a spatula, gently fold egg whites into cheese mixture, a third at a time. Cover bowl and refrigerate. Shred chocolate squares and set aside. Split the ladyfingers in half and brush each with the espresso coffee. Arrange half of the ladyfingers in the bottom of a glass serving dish. Spread half of the cheese mixture over ladyfingers then a layer of shredded chocolate using half the amount. Repeat the layers. Cover and chill several hours, preferably overnight. To serve, whip cream with vanilla and spoon around outer edge of bowl and garnish centre with chocolate curls.

Servers 6-8

PARTY ICE CREAM

1 small bottle Maraschino cherries with juice
8 large marshmallows
1 cup crushed pineapple
⅓ cup white sugar
2 med. bananas
juice of ½ lemon
½ pint whipping cream, whipped

Cut up cherries and marshmallows into bowl, add juice, crushed pineapple and sugar. Let stand until sugar dissolved. Cut bananas (slice thinly), sprinkle with lemon juice and add to other fruit. Stir to mix sugar thoroughly. Whip cream until stiff. Combine fruit and whipped cream. Pour into freezing tray or container and freeze.

Serve with choice of fruit or drizzle with chocolate or butterscotch sauce.

Yield: 1 quart

SOUR CREAM PEACH PIE

An old favorite worth trying again

1 9″ unbaked pie shell
6 peaches (sliced into wedges)
1 cup white sugar
¼ cup flour
1 cup sour cream
pinch of salt
2 Tbsp. sugar
1 tsp. cinnamon

Arrange peaches in bottom of unbaked 9″ pie shell. Blend together sugar, flour, sour cream and salt. Pour over peaches. Sprinkle with the combined 2 Tbsp. sugar and cinnamon. Bake at 425° for 15 minutes; reduce heat to 350° and bake for 30 to 40 minutes or longer, until set in the middle.

Serves 6-8

ORANGE PECAN PIE

A unique twist to Pecan Pie

1 medium orange
1½″ square piece of orange peel
3 eggs
1 cup corn syrup
⅔ cup sugar
¼ cup margarine (melted)
dash salt
1 cup whole pecans
1 9″ unbaked pie shell

Peel orange, saving 1½″ square piece, quarter and remove seeds. Put orange segments, orange peel, eggs, corn syrup, sugar, margarine and salt in blender. Blend until mixture is smooth and light coloured and the orange peel is finely chopped. Place pecans evenly in bottom of pie shell; carefully pour blender mixture over pecans. Bake at 350° for 60 minutes or until knife inserted comes out clean. Cool. Keep refrigerated.

Serves 6-8

STRAWBERRY RHUBARB PIE WITH CUSTARD SAUCE

1½ cups sugar
3 Tbsp. quick cooking Tapioca
¼ tsp. salt
⅛ tsp. nutmeg
3 cups rhubarb (½" pieces)
1 cup strawberries
1 Tbsp. butter
Pastry for 9" pie, bottom and top crust

Combine first 4 ingredients, add rhubarb and strawberries. Let stand for twenty minutes. Turn into pastry shell, dot with butter and add top pastry. Seal well. Bake at 400° for 35-40 minutes.

Sauce:

5 egg yolks
½ cup cold milk
½ cup sugar
1 tsp. vanilla
¾ cup milk (2nd amount)
¾ cup cream

Beat egg yolks with ½ cup milk, sugar and vanilla. Scald ¾ cup milk and ¾ cup cream in top of double boiler. Gradually stir egg mixture and scalded milk together and cook until mixture coats a metal spoon. Pour at once into a chilled bowl. Chill until serving time. Pour over pie at serving time and pass remaining sauce at table.

Serves 6-8

MILE HIGH STRAWBERRY PIE

Easy, impressive and delicious, too

Graham wafer crust
1 cup white sugar
2 egg whites
1 10-oz. pkg. frozen strawberries, partially thawed
1 tsp. vanilla
1 Tbsp. lemon juice
pinch salt
½ pt. whipping cream, whipped

Prepare graham wafer crust according to package direction. Press into bottom of 9" or 10" spring form pan. Bake at 350° oven for 8 minutes. Cool. In a large bowl combine sugar, egg whites, strawberries, vanilla, lemon juice and salt. Beat with electric beater for 15 minutes. Fold whipped cream into strawberry mixture and pour into spring form pan. Cover with saran wrap and freeze. To serve, remove from freezer and serve immediately. Garnish with whipped cream and fresh strawberries. May be kept up to 3 weeks in freezer.

Must be frozen Serves 12

RASPBERRY VELVET PIE

1½ cups vanilla wafers, crushed
1 Tbsp. sugar
5 Tbsp. margarine
1 10-oz. pkg. frozen raspberries, thawed and drained
1 3-oz pkg. raspberry flavoured gelatin
1 cup boiling water
16 large marshmallows
1 cup whipping cream, whipped

Combine first 3 ingredients, blend well. Press into bottom and sides of a 9" pie plate. Freeze. Drain raspberries reserving juice. Add enough water to juice to make 1 cup. Dissolve gelatin in boiling water. Add marshmallows to hot gelatin and stir until partially melted. Add juice. Chill until partially set. Beat until fluffy and peaks form. Fold in raspberries and whipped cream. Pour over crust and chill until set. Garnish with additional whipped cream and raspberries.

Serves 6-8

BLACK MAGIC PIE

A simple to make frozen dessert

Chocolate crumb crust:

1½ cups chocolate wafer crumbs (40)
2 Tbsp. white sugar
¼ tsp. instant coffee granules
5 Tbsp. margarine, melted

Combine all ingredients and mix well. Press into bottom of a 10" spring form pan and freeze.

Filling:

6 scoops dark chocolate ice cream
6 scoops raspberry sherbet
1 10-oz. pkg. frozen raspberries, thawed and drained (reserve juice)
whipped cream

Spread ice cream over frozen crust. Freeze. Spread sherbet over ice cream. Freeze. Hint: Hold large spoon under hot water and using underside spread frozen ice cream or sherbet easily. Arrange ¾ of raspberries over sherbet and cover with whipped cream.

Raspberry Sauce:

reserved raspberry juice
¼ pkg. of frozen raspberries
3 Tbsp. sugar
1 Tbsp. prepared cornstarch

Measure raspberry juice in a one cup measure. Crush and add berries and sugar to juice, adding water to make 1 cup. Cook in a small saucepan, adding cornstarch, until moderately thickened. Cool.

To serve: Spoon a small amount of sauce on individual serving plates and top with a slice of frozen pie.

Serves 8

RUM CREAM PIE

2 cups chocolate wafer crumbs
½ cup butter, melted
6 egg yolks
1 cup sugar
2 Tbsp. gelatin
½ cup cold water
2 cups whipping cream, whipped
⅓ cup dark rum
¼ cup shaved semi-sweet chocolate

Mix chocolate crumbs and butter until well blended. Press into bottom and sides of 10″ spring form pan. Bake at 375° for 8 minutes. Beat egg yolks until thick. Continue to beat while adding sugar gradually. Soak gelatin in cold water. Over low heat bring gelatin to a boil. Remove from heat and pour over sugar-egg mixture, stirring briskly. Cool but do not allow to set. Fold in whipped cream and rum. Pour into shell. Sprinkle with chocolate. Refrigerate until set.

Serves 16

LEMON CHEESE PIE

A lemon pie with a difference

1 9″ unbaked pie shell
2 8-oz. pkg. cream cheese
1 cup sugar (for filling)
3 eggs
1 tsp. grated lemon rind
2 Tbsp. lemon juice
1 cup sour cream
2 Tbsp. sugar (for topping)
1 tsp. vanilla

Soften cream cheese in a large bowl. Beat in 1 cup of sugar until fluffy. Add eggs one at a time continuing to beat until creamy smooth; stir in lemon rind and juice. Pour into prepared unbaked pie shell. Bake at 425° for 10 minutes. Lower heat to 350° and bake for 50 minutes longer. Remove from oven and turn off heat. While pie bakes, mix sour cream, 2 Tbsp. sugar and vanilla in a small bowl. Spread evenly over top of hot pie and return to oven. Let stand for 1 hour in oven with heat off. Cool completely before serving.

Serves 6-8

LEMON SOUFFLÉ PIE

For that "company touch" serve this dessert

Base:

10 oz. digestive biscuits (18 biscuits)
3 Tbsp. corn syrup
3 oz. butter
1 pint fresh strawberries
(reserve strawberries for garnish)

Crush biscuits finely. Melt syrup and butter in large saucepan. Remove from heat and add biscuits, mix well. Line an 8" spring form pan with mixture. Press well into sides and base of pan. Line with sliced strawberries. Refrigerate for 30 minutes.

Filling:

2 egg yolks
6 oz. white sugar
finely grated rind and juice of 2 large lemons
½ pint whipping cream, whipped
½ oz. gelatin (2 pouches)
3-4 Tbsp. boiling water
2 stiffly beaten egg whites

Cook egg yolks, sugar, lemon rind and juice in double boiler. Whisk until thick and creamy. Remove from heat, continue to whisk 5 minutes until cool. Gently fold in lightly whipped cream. Dissolve gelatin in boiling water. Pour in thin stream into mixture stirring gently. Fold in stiffly beaten egg whites. Pour into prepared spring form pan and refrigerate. When set release carefully onto serving dish. Top with reserved strawberries.

Serves 12

ORANGE PETAL PUMPKIN PIE

1 9″ pie shell, baked and cooled
⅔ cup brown sugar, firmly packed
1 envelope unflavoured gelatin
1¼ tsp. pumpkin pie spice
¼ tsp. salt
3 eggs (separated)
1 cup canned pumpkin
⅔ cup milk
¼ cup white sugar
1 cup whipping cream whipped, divided
1 med. sized seedless orange, peeled, sectioned and drained

Mix brown sugar, gelatin, pumpkin pie spice and salt in the top of a double boiler; beat in egg yolks, pumpkin and milk. Cook stirring constantly over simmering water for 15 minutes or until mixture thickens slightly. Empty bottom of double boiler and fill with ice and water. Place top over bottom again. Chill mixture stirring several times, 30 minutes or until it mounds lightly on spoon. While gelatin mixture chills, beat egg whites until foamy and double in volume. Beat in white sugar 1 tsp. at a time until meringue stands in firm peaks. Fold meringue and ½ of whipped cream into thickened mixture until no streaks of white remain. Spoon into baked 9″ pie shell. Chill until firm. Garnish with remaining whipped cream and orange sections.

Variation: mandarin oranges may be used.

Serves 6-8

CARAMEL CRUMBLE APPLE PIE

1 9" unbaked pie shell
1 Tbsp. bottled or fresh lemon juice
5 -6 cups pared, sliced apples
½ cup white sugar
2 Tbsp. flour
½ tsp. cinnamon
½ lb. milk caramels
¾ cup evaporated milk

Prepare pie shell and refrigerate. Sprinkle lemon juice over apples. Mix white sugar, flour and cinnamon and combine with apples. Arrange apple slices over cold pie crust. Cut a circle of foil large enough to cover apples and press down firmly - do not cover pastry. Bake at 425° for 10 minutes. Lower heat to 375° and bake 30-40 minutes, or until apples are tender. While pie is baking, melt caramels with evaporated milk in double boiler (about 20 minutes). Remove foil from hot pie and pour caramel mixture over top.

Crumble Topping:

½ cup brown sugar
¼ cup margarine
¼ tsp. cinnamon
⅓ cup flour

Combine all ingredients. Mixture should be crumbly. Sprinkle over pie, being careful not to cover rim. Bake 8-10 minutes.

Serves 6-8

PAT-IN PASTRY

A very light, fragile crust

1½ cups all-purpose flour
1½ tsp. granulated sugar
¾ tsp. salt
½ cup vegetable oil
3 Tbsp. cold milk

Sift flour, sugar and salt directly into a 9" pie plate. Combine oil and milk in measuring cup. Beat with a fork until creamy. Pour all at once over dry ingredients. Mix with fork until completely dampened. (You can also use your fingers to work it in completely.) Push dough with fingers to line bottom and sides of pie plate. Crimp edges. Prick entire surface with a fork and bake at 425° for 15 minutes.

Yield: 1 9" pie

BREAD PUDDING NEW ORLEANS

2 eggs
2 cups milk
1 cup white sugar
3-4 cups stale french bread (torn into small pieces)
4 Tbsp. butter, melted
1 Tbsp. vanilla
½ cup raisins
½ cup coconut
½ cup chopped pecans
½ tsp. cinnamon
½ tsp. nutmeg

Beat eggs and milk together until well blended. Stir in remaining ingredients mixing well. Mixture should be moist but not soupy. Pour into 9" x 9" buttered casserole dish. Do not preheat oven. Bake at 350° for approx. 1 hour and 15 minutes or until top is golden brown. Serve warm with sauce and whipped cream if desired.

Rum Sauce:

4 Tbsp. butter
¾ cup icing sugar
1 egg yolk
2-4 Tbsp. rum (or to taste)

Cream butter and sugar over medium heat until well dissolved. Remove from heat and blend in egg yolk. Return to heat and gradually pour in rum, stirring constantly, until sauce starts to thicken. Remove from heat. Sauce will thicken as it cools. Serve over warm bread pudding.

Variation: Add 1 oz. melted unsweetened chocolate and 2 Tbsp. white sugar to pudding ingredients. Blend well.

Serves 8-10

FRANGIPAN TARTS (OR FRANZIPAN)

An old English recipe

2 dozen mini tart shells
Raspberry jam
½ cup soft butter
½ cup white sugar
1 egg, beaten
1 tsp. almond flavouring
⅔ cup ground rice flour
⅛ tsp. salt
½ tsp. baking powder

Place a little jam (scant ½ tsp.) in bottom of each unbaked tart shell. Cream butter and sugar. Add egg and beat well. Add almond flavouring and blend. Mix together rice flour, salt and baking powder. Add to creamed mixture. Spoon mixture over jam in tart shells and bake at 375° for 20 minutes.

NOTE: Packaged tart shells may be used. The 2" variety may take a bit more jam.

May be frozen Yield: 2 dozen

ENGLISH APPLE SPONGE PUDDING

4 cups sliced cooking apples
¼ cup white sugar
3½ oz. butter or margarine
½ cup sugar
1 egg, beaten
¾ cup flour
½ tsp. baking powder

Prepare apples and place in a 10" pie plate with ¼ cup white sugar. Cream the butter and ½ cup sugar. Add the well beaten egg a little at a time. Combine the flour and baking powder and beat thoroughly with the butter mixture. Spread over the apples. Bake at 350° for 35-45 minutes or until topping is cooked.

Serves 6 - 8

CHOCOLATE ORANGE CHEESECAKE

A "10" on the rating scale

Crust:

1 pkg. (200 gr.) chocolate wafers, finely crushed
⅓ cup butter, melted

Combine ingredients, blend well and press into bottom of buttered 12" spring form pan.

Filling:

4 8-oz. pkg. cream cheese, room temperature
1 container (500 gr.) sour cream
2 tsp. flour
1 cup sugar
4 oz. orange juice concentrate, thawed
3 Tbsp. orange liqueur
4 eggs
2 yolks
finely grated rind of 1 orange
1 pint whipping cream, whipped
1 Tbsp. sugar (second amount)

Combine cream cheese, sour cream and beat until smooth. Beat in flour and sugar. Add orange juice and liqueur. Add eggs and yolks one at a time and beat until well blended. Stir in orange rind . Pour over crust and bake at 500° for 12 minutes. Reduce temperature to 200° and bake for 2 hours, until top is brown and cheesecake is set. Turn off oven and leave in oven with door ajar for ½ to 1 hour. Cool and refrigerate overnight.

To serve: Prepare whipping cream with sugar. Unmold cheesecake and decorate top with cream. Sprinkle grated or shaved chocolate over top.

May be frozen Serves 12-16

FABULOUS WHITE CHOCOLATE CHEESECAKE WITH RASPBERRY SAUCE

The title says it all

4 8-oz. pkg. cream cheese, room temperature
1 cup white sugar
1 Tbsp. vanilla
4 eggs
8 oz. Baker's white baking chocolate
whipped cream
sugar (second amount)

Cream together cheese, sugar and vanilla. Add eggs one at a time and mix thoroughly. Melt chocolate in double boiler and cool. Add to creamed mixture. Pour into 10" spring form pan. Bake at 350° for 25 to 30 minutes or until set in middle.

Raspberry Sauce:

2 cups frozen raspberries
1 cup white sugar
¼ cup liqueur if desired

Place in blender, berries, sugar and liqueur. Blend well. Press through sieve to eliminate seeds. Garnish cheesecake with sauce and sweetened whipped cream.

May be frozen Serves 10-12

LOW CALORIE CHEESECAKE

A deliciously easy "no bake" dessert

1 9" Graham wafer crust
2⅔ cups low fat cottage cheese
1 envelope sugar free jello (4 servings size) flavour of choice
2 Tbsp. lemon juice
½ cup boiling water
2 cups non dairy whipped topping
fruit (optional)

Prepare graham wafer crumbs according to package directions. Press into 9" pie plate. Do not bake. Mix cheese, jello, lemon juice and boiling water in blender until smooth. Fold in whipped topping. Pour into crust and chill until set. Garnish with fruit.

Serves 6-8

CHOCOLATE DREAM CHEESECAKE

Crust:

1½ cups chocolate wafer crumbs
⅓ cup butter, melted
¼ cup white sugar

Mix together and press into buttered 9″ or 10″ spring form pan. Bake at 325° for 7-8 minutes.

Filling:

2 8-oz. pkg. cream cheese, softened
4 oz. semi-sweet chocolate, melted
3 eggs
½ cup white sugar
¼ cup liqueur (Amaretto)
1 tsp. vanilla

In a large bowl beat cream cheese until completely softened. Melt chocolate in double boiler. Add to cream cheese. Continue to beat adding eggs one at a time. Add sugar, liqueur and vanilla and blend well. Pour over baked crust and bake at 325° for 45 minutes or until set in centre. Cool.

Topping:

1 cup sour cream
3 Tbsp. brown sugar
fruit (e.g. strawberries, Kiwi)

Combine sour cream and sugar and spread over cheese cake. Place under broiler for 2 minutes. Cool. Garnish with fruit before serving.

May be frozen Serves 12

STRAWBERRY CHEESECAKE TRIFLE

2 8-oz. pkg. cream cheese, softened
2 cups powdered sugar
1 cup sour cream
3 tsp. vanilla extract
¼ tsp. almond extract
1 cup whipping cream, whipped
1 angel food cake, cut into 1" to 1½" cubes
2 qts. fresh strawberries or thickly sliced peaches
3-4 Tbsp. white sugar
2-3 Tbsp. Amaretto liqueur
Garnish: whole berries and mint leaves

In a large bowl blend cream cheese and sugar together. Add sour cream, vanilla and almond extract. In a small bowl whip cream until stiff. Fold whipped cream into cream cheese mixture. Add cake cubes and coat well. Thickly slice strawberries, add sugar and Amaretto; mix well. Layer into a trifle bowl, starting with a layer of strawberries, then a layer of cake - cream cheese mixture. Continue layering ending with strawberries. Cover with plastic wrap and chill well before serving. Garnish.

Serves 12

FRUITED PHYLLO NESTS

1 lb. rhubarb (cut into 1" pieces)
½ pint raspberries
½ cup firmly packed brown sugar
1 tsp. grated fresh ginger
2 tsp. lime juice
¼ cup water
4 sheets of frozen phyllo dough
3 Tbsp. butter, melted
¼ cup wheat germ
1 pint vanilla ice cream
lime slices for garnish (optional)

In medium saucepan bring first 6 ingredients to a boil. Cover and simmer 10 minutes until tender. Chill. Meanwhile, preheat oven to 375°. Place 1 sheet phyllo dough on work surface. Brush with butter, sprinkle with wheat germ. Place second sheet on top and brush with butter. Cut lengthwise and crosswise to form 4 squares. Gently place into muffin tins and shape. Repeat with other 2 sheets. Bake 6 to 8 minutes until golden. Cool on rack. To serve, spoon ice cream into nest. Top with rhubarb sauce. Garnish with lime slice if desired.

Serves 8

DRUMSTICK

Children as well as grown ups will enjoy this dessert

Base:

2½ cups crushed peanut butter cookies
½ cup peanuts, chopped
¼ cup plus 3 tsp. butter, melted
2 Tbsp. peanut butter

Combine all ingredients, blending well. (More butter may be needed if crumbs appear dry.) Press into 13" X 9" pan. Reserve some crumbs and peanuts for topping.

Filling:

1 8-oz pkg. cream cheese, softened
½ cup sugar
½ cup peanut butter
½ tsp. vanilla
4 eggs
1 container (1L) Cool Whip
8 Tbsp. chocolate fudge topping

Beat cream cheese. Add next three ingredients, blending until well mixed. Add eggs, one at a time, beating well after each addition. Fold in Cool Whip. Spread over crust. Drizzle chocolate topping over all and swirl with a knife. Top with reserved crumbs and peanuts. Freeze overnight. Remove ½ hour before serving.

Must be frozen Serves 12-15

BANANA SATIN FRUIT TOPPING

1 large ripe banana, peeled and cut in chunks
½ cup frozen whipped topping (thawed)
½ cup plain yogurt
1 tsp. honey
1 Tbsp. orange juice
dash ground nutmeg
3 cups fresh fruit, mixed (e.g. strawberries, raspberries, blueberries, kiwi, grapes, melon, etc.)

To prepare topping, mash banana with a fork. Add whipped topping, yogurt, honey, orange juice and nutmeg. Stir until smooth. Chill. Serve over fruit. Should be used the same day.

Serves 4-6

RICOTTA FRUIT TOPPING

Nothing could be simpler

⅓ cup ricotta cheese
2 Tbsp. sugar
1 Tbsp. orange juice
1 tsp. vanilla
½ cup vanilla or fruit yogurt
3 cups fresh fruit, mixed
(e.g. strawberries, blue berries, grapes, kiwi, melon)

Mix cheese, sugar, orange juice and vanilla until well blended. Add yogurt; blend well. Chill. Spoon a trio of mixed fruit into sherbet glasses and top with cheese topping.

Serves 4-6

SAUCE FOR CRÊPES

6 Tbsp. butter, melted
juice and rind of 3 oranges (cut rind into thin strips)
4 Tbsp. Grand Marnier

Melt butter in a small saucepan. Peel a thin layer of rind and extract juice from each orange. Cut peel into very thin strips. Add juice, rind and Grand Marnier to butter. Simmer, uncovered 10 minutes. Serve warm over your favourite crêpe recipe.

Yield: 1 cup

FRESH STRAWBERRY PIE [M]

1 baked 10" pie shell
3 pints fresh strawberries, washed and hulled
1 cup sugar
¼ cup cornstarch
¾ cup water
1 Tbsp. lemon juice or Grand Marnier
1 Tbsp. red Jello powder

Reserve 1 generous cup of less perfect berries. Spread remaining berries on paper towel to dry. Purée 1 cup less perfect berries, sugar, cornstarch and water. Microwave on high 4-5 minutes or until clear. Stir in lemon juice or liqueur and jello. Cool to lukewarm. Spread small amount of glaze on bottom of pie shell. Dip berries in remaining glaze and arrange, points up, on bottom of pie shell. Pour remaining glaze over berries. Refrigerate 1 to 3 hours and serve.

Serves 6-8

MICROWAVE RICE PUDDING [M]

½ cup long grain rice
3 Tbsp. sugar
1 Tbsp. margarine
2¼ cups milk
¼ tsp. nutmeg
¼ cup raisins
¼ tsp. cinnamon

Mix all ingredients together in a 3 qt. bowl. Microwave on high for 8 minutes or until mixture starts to boil. Stir twice during cooking. Reduce setting to low for approx. 20 minutes or until rice is soft and pudding is creamy.

Serves 4

PECAN APPLE CAKE

An attractive presentation enhances this dessert

2½ cups cooking apples, peeled and cored
½ cup pecans, chopped
4 oz. butter (softened)
1 cup granulated sugar
1 egg, slightly beaten
1 tsp. baking soda
¼ tsp. salt
1 tsp. cinnamon
1 scant tsp. nutmeg
1 cup all-purpose flour
whipped cream

Chop apples medium coarse, add pecans. Cream together butter and sugar. Add egg and stir in soda, salt, cinnamon and nutmeg. Add flour and stir until just blended. Stir in apples and pecans. Pour into greased 9″ x 9″ pyrex dish. Bake at 350° for 40 minutes or until top springs back when touched lightly.

Brown Sugar Sauce:

4 oz. butter
1 cup brown sugar
pinch of salt
½ tsp. vanilla
½ cup evaporated milk

Melt butter in saucepan. Add brown sugar and salt. Bring to boil stirring with whisk. Remove from heat and whisk in vanilla and evaporated milk.

To serve: place 2 generous Tbsp. of sauce on individual plates. Place warm cake over sauce. Garnish with whipped cream and pecan.

Serves 12

Photographed in the Volunteer Room, Art Gallery of Windsor, 1993.

Cookies, Cakes and Squares

Raw Apple Cake
Championship Chocolate Chip Bars
Bittersweets
Pistachio Meringues

COOKIES, CAKES AND SQUARES

Apricot Coconut Squares 244
Bittersweets 227
Cake Mix Cookies 230
Caramel Walnut Bars 247
Championship Chocolate Chip Bars 242
Chewy Squares 239
Chocolate Peanut Butter Squares *(Microwave)* 249
Chocolate-Zucchini Cake 236
Christmas Carol Fruit Cake 233
Coconut Cream Cake *(Microwave)* 249
Coffee Crunch Cake 238
Cranberry Orange Drops 227
Dream Bars 242
Frosted Chipit Squares 248
Frosted Date and Nut Squares 240
Fruit and Nut Refrigerator Cookies 228
Fruit Bars 245
Ginger Cookies 230
Hazelnut Biscotti 231
Lavash 231
Lemon Coconut Squares 247
Microwave Cream Cheese Icing *(Microwave)* 250
Mincemeat Cookies 228
Mocha Chiffon Cake 235
No Bake Peanut Butter Square 248
No Egg Carrot Cake 237
Orange Marmalade Pound Cake 234
Orange Meltaways 232
Peanut Butter Bars 240
Peppermint Chocolate Swirls 243
Pistachio Meringues 229
Pistachio White Chocolate Chip Cookies 229
Pumpkin Chocolate Chip Cookies 232
Pumpkin Pie Squares 241
Raw Apple Cake 234
Sensational Brownies 246
S'Mores 238
Spider Cookies *(Microwave)* 250
Sweet Marie Bars *(Microwave)* 250
Toffee Raisin Bars 239
Triple Layer Squares 245
Tutti Frutti Bars 246
Victoria Sponge Cake 237

CRANBERRY ORANGE DROPS

An interesting Christmas cookie

½ cup shortening
½ cup soft butter
1½ cups white sugar
2 eggs
1 cup chopped frsh cranberries
1 Tbsp. grated orange rind
3 cups flour
1 tsp. baking powder
1 tsp. cream of tartar
1 tsp. salt
¼ cup orange juice
1½ cups ground pecans (or walnuts)

Cream shortening and butter, add sugar and beat well. Beat in eggs. In separate bowl combine nuts, cranberries and orange rind. Sift flour, baking powder, salt and cream of tartar over nut mixture and toss together. Add to creamed mixture along with orange juice. Blend well and chill for 2 hrs. Shape dough into balls, (about 1") and roll in granulated sugar. Press a nut meat, or cranberry or ½ marashino cherry on top. Bake on greased cookie sheets in 400 degree oven for 10-12 min. or until just turning brown around edges.

May be frozen Yield: 8 dozen

BITTERSWEETS

A very colourful Christmas cookie

½ cup raisins, chopped
⅔ cups dates, chopped
½ cup nuts, (walnuts or pecans) chopped
¼ cup glacé cherries, chopped (either red or green)
4 squares semi-sweet chocolate

Chop all fruits finely and refrigerate mixture for at least ½ hour. Form into twenty-four small balls. Melt chocolate in double boiler, and dip balls into chocolate. Place on waxed paper to cool. May be refrigerated for up to three weeks.

Yield: 2 dozen

FRUIT AND NUT REFRIGERATOR COOKIES

2½ cups wheat and oat flour
1 tsp. baking powder
½ tsp. baking soda
¼ tsp. salt
½ cup soft margarine
½ cup shortening
1 cup sugar
2 eggs
1 tsp. vanilla
1 cup mixed candied fruit
½ cup chopped nuts

Combine dry ingredients. Cream margarine, shortening, sugar, eggs and vanilla. Stir dry mixture into creamed mixture. Mix well. Add fruit and nuts. Shape into 2 rolls - 1½" in diameter. Wrap in wax paper. Chill overnight. Cut in ¼" slices. Bake on ungreased cookie sheet at 375° for 10-13 minutes.

May be frozen Yield: 3-4 dozen

MINCEMEAT COOKIES

½ cup soft margarine
½ cup white sugar
1 egg
1 cup prepared mincemeat
1¼ cups all-purpose flour (more needed if mincemeat too juicy)
2½ tsp. baking powder
¼-½ cup maraschino cherries, optional

Cream margarine and sugar, add egg and mincemeat. Stir. Add dry ingredients, blend until stiff. Drop heaping tsps. on ungreased cookie sheet. Bake at 400° for 10-12 minutes.

May be frozen Yield: 3-4 dozen

PISTACHIO WHITE CHOCOLATE CHIP COOKIES

¾ cup softened butter or margarine
1¼ cups light brown sugar
1 egg
1 tsp. vanilla
1⅓ cups flour
½ tsp. baking soda
½ tsp. baking powder
⅓ cup rolled oats
1 cup white chocolate chips
¾ cup pistachio or macadamia nuts
Garnish with nuts if desired

Cream butter or margarine and sugar. Beat in egg and vanilla. Mix, flour, soda, baking powder, and oats. Add gradually to creamed mixture. Then add chips and nuts. Drop by heaping tsp. onto baking sheet. Press some nuts onto top of each. Bake at 350° for 8-10 minutes.

May be frozen Yield: 3 dozen

PISTACHIO MERINGUES

2 egg whites
½ tsp. vanilla
½ tsp. ground cinnamon
½ cup sugar
½ cup chopped or ground pistachios

Beat egg whites, vanilla, and cinnamon until soft peaks form. Gradually add sugar, beat until stiff. Fold in pistachios. Drop by teaspoonful on cookie sheet lined with brown parchment paper. Bake at 325° for 20 minutes. Turn off oven and leave in oven until completely cool. May add green or red food colouring for Christmas.

Yield: 3 dozen

GINGER COOKIES

⅔ cup butter
⅔ cup white sugar
⅓ cup brown sugar
1 egg
¼ cup molasses
4 tsp. orange zest (rind)
1 Tbsp. grated ginger root
2 cups all-purpose flour
1 tsp. baking soda
pinch of salt
1 tsp. cinnamon
½ tsp. ground cloves
candied ginger for garnish

Cream together butter and sugars. Add egg, molasses, orange zest, and ginger root. Mix dry ingredients and add to creamed mixture. Cover and chill ½ hour. Preheat oven to 325°. Shape dough into balls, garnish with small piece of ginger. Bake 2" apart on greased cookie sheet 12-15 minutes. These spread.

May be frozen Yield: 3-5 dozen

CAKE MIX COOKIES

Use your imagination to make these

1 pkg. cake mix (250 g.) any flavour
1 egg
¼ cup vegetable oil
Any one or a combination of more than one of chocolate chips, nuts, raisins, cinnamon, nutmeg, orange or lemon zest, glacéed fruit etc.

Add egg and vegetable oil to cake mix and mix well. Select ingredients of choice and add. Drop dough onto ungreased cookie sheet by the teaspoonful. Bake at 350° for 8-10 minutes. Cool.

May be frozen Yield: 2½ dozen

HAZLENUT BISCOTTI

½ cup hazel or macadamia nuts
⅓ cup butter
¾ cup sugar
2 eggs
1 tsp. vanilla
1 tsp. Grand Marnier
2 tsp. grated lemon rind
2½ cups flour
1½ tsp. baking powder
⅛ tsp. ground nutmeg
¼ tsp. salt
¼ cup chopped dried apricots (optional)
melted chocolate, optional

Toast nuts at 350° for 10 minutes, and then chop finely. Cream butter and sugar, beat in eggs, vanilla, Grand Marnier and lemon rind. In separate bowl combine dry ingredients. Add to creamed mixture. Blend. Add nuts and apricots if desired and mix. Divide dough in half, shape into two flat logs approx ½" thick, 12" long. Place on greased cookie sheet, bake at 325° for 25 minutes. Let cool on rack for at least five minutes. With serrated knife, slice diagonally at 45° angle about ½" thick. Lay slices flat on baking sheet, return to oven and bake 10 minutes, turning over once until dry. Cool. Drizzle with melted chocolate if desired. Store in air-tight container. These are best if dipped in coffee before eating!

May be frozen Yield: 3 dozen

LAVASH

A Middle-Eastern delicacy

1 cup quick cooking oatmeal
1 cup finely chopped dates
½ cup frozen orange juice concentrate (thawed)
½ tsp. almond extract
¼ cup finely ground almonds

Chop dates, and soak in orange juice and almond extract for at least 2 hours. Crumb oatmeal in blender. Add to date mixture. Chill overnight. Shape mixture into 24 small logs. Roll in finely chopped almonds. Chill.

Yield: 2 dozen

ORANGE MELTAWAYS

¾ cup butter or margarine, softened
½ cup icing sugar
1 cup sifted flour
½ cup cornstarch
4 tsp. grated orange peel
1 tsp. vanilla
granulated sugar

Cream butter and sugar. In separate bowl combine flour and cornstarch. Stir into creamed mixture. Add orange rind and vanilla. Cover and chill one hour. Form dough into 10" strip on waxed paper, roll tightly. Chill in waxed paper and foil for at least 2 hours in freezer. Roll in granulated sugar, let stand at room temperature for a few minutes, cut into ¼" slices. Place on lightly greased cookie sheet two inches apart. Bake at 375° for 10 minutes.

May be frozen Yield: 3-4 dozen

PUMPKIN CHOCOLATE CHIP COOKIES

1 cup shortening
1 cup sugar
1 large egg
1 cup canned pumpkin
2 cups flour
1 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
1 tsp. ground cinnamon
1 cup chocolate chips
½ cup chopped pecans
1 tsp. vanilla

Beat shortening, sugar, egg and pumpkin until fluffy. Combine flour, soda, baking powder, salt and cinnamon. Add to pumpkin mixture. Add chips, nuts and vanilla. Mix thoroughly. Drop by teaspoonful onto lightly greased cookie sheet. Bake at 350° for 13 minutes. Cool.

May be frozen Yield: 8 dozen

CHRISTMAS CAROL FRUIT CAKE

A wonderful light fruit cake

1¼ cups fine granulated or fruit sugar
1 cup butter
5 eggs
1 cup enriched pastry and cake flour
2¼ tsp. salt
½ tsp. mace
1 lb. bleached raisins
½ lb. Maraschino cherries (drained) or glacé cherries cut in half (use ½ red and ½ green)
¾ lb. diced glacé pineapple in red, green and yellow
½ lb. diced mixed peel or all citron if preferred
½ cup orange juice
¾ cup all-purpose flour
½ lb. toasted blanched almonds (split in half)

Night before cake is being baked, prepare fruit, add orange juice and let stand overnight, stirring a couple of times to mix liquid into fruit to develop flavour.

Next day make batter by creaming sugar and butter well. Add eggs, one at a time, beating well after addition of each egg. Add enriched pastry and cake flour, salt and mace. Beat until flour disappears. Add all-purpose flour to fruit mixture, which has been standing over night. Mix nuts into fruit mixture and add batter. Mix well. Pack fruit cake mixture firmly into pre-lined 8″ x 8″ x 3″ fruit cake pan, which has been lined with two layers of heavy brown paper and one layer of aluminum foil (grease foil paper). Bake in 300° oven for 3 to 3½ hours; place a pan of water in oven while cake is baking. If top of cake browns too rapidly, place a piece of aluminum foil over top.

Dark Fruit Cake:

Same as above, except omit mace and instead use 1 teaspoon of cinnamon. Use dark raisins; add 2 Tbsp. molasses to liquid. Use pecans or walnuts, or half of each, instead of almonds.

Yields: approx. 1 6-pound cake or
2 3-lb. cakes, baked in loaf tins.

ORANGE MARMALADE POUND CAKE

1 large pkg. yellow cake mix (not pouch)
½ cup sour cream
⅓ cup soft butter
½ cup orange juice
1 Tbsp. grated orange rind
3 eggs
½ cup marmalade (Seville is good, but any other will do)
½ cup chopped walnuts or pecans

Icing:

1 cup icing sugar
2 Tbsp. orange juice
½ tsp. grated orange rind

Preheat oven to 350°. Grease and flour a bundt pan, or an 8″ angel food cake tube pan. In large bowl combine cake mix, sour cream, butter, orange juice, orange rind and eggs. Beat at low speed with electric mixer until moistened. IMPORTANT: Beat mixture at HIGHEST SPEED for 2 minutes. Fold in nuts and marmalade. Pour batter into pan, bake at 350° for 1 hour or until done. Cool upright in pan for 10 minutes then invert onto plate and cool completely.

When cool combine topping ingredients. Drizzle over cake.

Serves 16

RAW APPLE CAKE

1¾ cups sugar
1 cup salad oil
3 eggs
½ tsp. salt
2 cups flour
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. vanilla
4-5 cooking apples, peeled, cored and thinly sliced
(Cortland,Empire, or Spy are best)
1 cup chopped pecans, (divided)

Combine all ingredients, except apples and nuts and beat with spoon until well blended. Add apples and ½ cup of nuts. Blend. Pour into greased and floured 9″ spring form pan. Sprinkle with remaining nuts. Bake 350° for 45 minutes. Serve warm with ice cream, whipped cream, or a caramel sauce.

Serves 12 - 16

MOCHA CHIFFON CAKE

Cake batter:

1 cup sifted cake flour
1½ tsp. baking powder
½ tsp. salt
⅓ cup cocoa
¾ cup plus 2 Tbsp. granulated sugar
5 Tbsp. salad oil
⅓ cup water
3 egg yolks
1 tsp. vanilla
4 egg whites, at room temperature
¼ tsp. cream of tartar

Mocha Cream Filling:

⅓ cup fruit sugar, or granulated
2 Tbsp. instant coffee
⅛ tsp. salt
1 pint whipping cream
½ tsp. vanilla

For cake: Combine and sift the first five ingredients into a bowl. Make a well in the centre. Mix oil, water, egg yolks, and vanilla together and pour into the well of dry ingredients. Beat by hand, until smooth. Beat egg whites with the cream of tartar until very stiff, (firmer than for meringue). Fold chocolate mixture into the egg whites, about a quarter at a time. Scrape into an ungreased 8 in. angel food cake pan. Bake at 325° for about 1 hour. When cooked, invert cake pan on a funnel until cool. When completely cool, remove from pan. Slice cake into six layers and fill and frost with Mocha Cream Filling. Chill several hours, preferably overnight. Decorate with chocolate shavings or chopped toasted nuts.

For Mocha Cream filling: combine the sugar, coffee, salt and whipping cream. Chill 1 hour, then beat until softly stiff. Add vanilla. Fill the cake layers with the cream mixture, frost the whole cake. Decorate before serving.

Variation: Peppermint flavoured cream filling

Serves 8 - 10

CHOCOLATE - ZUCCHINI CAKE

A very flavourful and moist cake

2 cups flour
1 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. salt
¼ cup cocoa

Mix above and set aside.

2 eggs
1 Tbsp. vanilla
2 cups sugar
½ cup vegetable oil
¾ cup sour milk (1 Tbsp. lemon juice plus milk to equal ¾ cup)
2 cups, shredded unpeeled raw zucchini (3 small or 2½ medium)
chocolate chips
walnuts or pecans, chopped or grated finely

In a large bowl, beat eggs, add sugar, vanilla and oil. Add flour mixture alternately with sour milk and zucchini. Pour mixture into greased 9" x 13" pan. Sprinkle with chips and nuts. Bake at 350° for 30 to 40 minutes.

May be frozen Serves 16 - 24

VICTORIA SPONGE CAKE

A very English tea cake

½ cup butter (do not substitute)
½ cup sugar
2 large eggs
½ cup flour, sifted
½ tsp. baking powder
2-3 Tbsp. milk
Jam for filling (apricot, raspberry, strawberry etc.)
Icing sugar for dusting

Grease, then line two 7-7½" round cake pans with wax paper. Cream butter and sugar well. Beat in eggs, one at a time, until well blended, light and fluffy. Add sifted flour and baking powder and mix well. Stir in milk, one Tbsp. at a time, blending well until mixture is of dropping consistency. Divide mixture equally between two pans. Bake at 375°, for 25 minutes. Do not overbake as tops and sides will start to get crisp. Before cakes are completely cool turn one out onto cake plate. Spread with jam, or filling of choice, and cover with top layer. Dust with icing sugar.

Serves 6-10

NO EGG CARROT CAKE

1½ tsp. baking soda
¼ cup warm water
1½ cups grated carrots
½ cup yogurt (plain)
1½ cups sugar
¾ cup corn or sunflower seed oil
2 tsp. cinnamon
½ tsp. nutmeg
½ tsp. ground cloves
½ tsp. salt
2 cups flour
1 cup raisins

Grease and dust with flour, a 9" square pan and line with wax or parchment paper. Mix baking soda with water and set aside. Mix grated carrots and yogurt in large bowl. Stir in sugar, oil and spices. Stir in flour, and add baking soda mixture and raisins. Mix well. Bake at 325° for one hour, or until tester comes out clean. Cool before cutting. Can be frosted if desired.

May be frozen

Yield: 9-3" squares

COFFEE CRUNCH CAKE

Base:

1½ cups flour
1 cup firmly packed brown sugar
1 cup butter or margarine at room temperature
3 large eggs
1½ tsp. baking powder
3 Tbsp. strong black coffee

Topping:

½ cup chopped pecans
¼ cup white sugar
2 Tbsp. butter

Preheat oven to 350°. Lightly grease 8" square pan. In a bowl combine all ingredients for base. Beat together with electric mixer until well combined and smooth. Pour into cake pan.

Topping: In food processor, combine all ingredients until crumbly. Sprinkle over cake.

Bake at 350° 40-45 minutes, until sides shrink from pan, and cake tester comes out clean. Cool completely in pan, before serving.

May be frozen Serves 9

S'MORES

1½ cups graham cracker crumbs
½ cup sugar
½ tsp. baking soda
½ cup margarine, melted and cooled
1 egg beaten
2 cups miniature marshmallows
¾ cup semi-sweet chocolate chips

Combine crumbs, sugar and soda. Combine egg and margarine, stir into crumb mixture. Press into lightly greased 9" square pan. Bake at 350° for 20-25 minutes. Remove from oven and sprinkle with marshmallows and chips. Broil 2 minutes under broiler, until marshmallows are light brown. Cool before cutting into squares.

May be frozen Yield: 3 dozen

TOFFEE RAISIN BARS

2 cups flour
½ tsp. baking soda
½ tsp. nutmeg
½ tsp. cinnamon
¼ tsp. ground cloves
1 cup butter or margarine
1¼ cups firmly packed brown sugar
2 eggs
2 Tbsp. milk
1½ cups seedless raisins

Cream butter and sugar untill fluffy, then beat in eggs until well blended. Sift in dry ingredients, one third at a time, alternating with 2 Tbsp. milk. Stir in raisins. Spread mixture into lightly greased jelly roll pan (15" x 10" x 2"). Bake at 375° for 18-20 minutes until light brown around edges. Cool slightly and cut into bars or squares.

May be frozen.

Yield: 4 dozen bars
7 - 8 dozen squares

CHEWY SQUARES

2 Tbsp. butter
2 eggs
1 cup brown sugar
5 Tbsp. flour
⅛ tsp. baking soda
½ tsp. salt
1 cup chopped walnuts or pecans
1 tsp. vanilla
icing sugar

Preheat oven to 350°. Melt butter in 8" square pan. Beat eggs. Combine dry ingredients and add to eggs. Add nuts and vanilla. Pour this mixture over melted butter. DO NOT STIR. Slide pan into oven and bake 25 minutes. Remove from pan immediately, turning out onto flat surface. Cool, 5-8 minutes. Sprinkle with icing sugar. Cut into squares.

May be frozen

Yield: 4-5 dozen

PEANUT BUTTER BARS

Base:

1 large package yellow cake mix
2 large eggs
1 cup chunky peanut butter
½ cup melted margarine

Topping:

1 6 oz. package semi sweet chocolate chips
1 can (14 oz.) sweetened condensed milk

Combine cake mix, eggs, peanut butter and melted margarine. Beat with electric mixer on medium to high 1-2 minues. Press one half of mixture into ungreased 13" x 9" x 2" pan and bake in 350 degrees for 10 min. Remove from oven sprinkle with chocolate chips, and drizzle with condensed milk. Top with tsps. of remaining cake mixture. Bake for 30 minutes. Cool thoroughly before cutting into squares.

May be frozen Yield: 5 dozen squares

FROSTED DATE AND NUT SQUARES

Base:

3 eggs
1 Tbsp. milk
1⅔ cups graham wafer crumbs
1 cup brown sugar
2 tsp. baking powder
1 cup chopped pecans
1 cup chopped dates
½ cup coconut - optional

Icing:

icing sugar, butter, maple syrup

Beat eggs and milk together. Add remaining ingredients, mix well. Bake in 8" greased pan in 350 degree oven for 30-35 minutes. Cool. Ice with maple icing and sprinkle with finely chopped nuts if desired.

Yield: 2½ dozen

PUMPKIN PIE SQUARES

Base:

3 Tbsp. granulated sugar
¼ cup softened margarine
1 egg yolk
¾ cup all purpose flour

Filling:

2 eggs
1¾ cups canned pumpkin
1⅓ cups firmly packed brown sugar
¾ tsp. ground cinnamon
½ tsp. allspice
½ cup heavy cream

Topping:

½ cup sour cream
1 Tbsp. sugar
pecan halves for garnish

Combine base ingredients. Press dough into 9" x 9" pan. Bake at 350 degree for 12-15 minutes until golden. Cool. Combine eggs, pumpkin, brown sugar and spices. Add cream until blended. Pour mixture over base. Bake 45 minutes until centre is set. Combine sour cream and sugar. Spread over hot pumpkin filling. Bake 5 minutes. Cool for 1 hour. Top with pecan halves, one to each square. Chill at least 6 hours.

Yield: 36 small squares or 16 large squares

DREAM BARS

Base:

½ cup brown sugar
½ cup margarine
1 cup flour

Topping:

1 cup chopped nuts
1½ cups shredded coconut
2 Tbsp. flour
1 tsp. baking powder
½ tsp. salt
2 eggs
1 cup brown sugar
1 tsp. vanilla
½ cup butterscotch chipits (optional)

Mix base ingredients and press into 8" x 8" square pan. Bake at 350° for 15 minutes. Remove from oven. Combine nuts and coconut. Add sifted flour, baking powder and salt. Beat eggs gradually and add brown sugar, and vanilla. Mix egg mixture with coconut/flour mixture. If desired, stir in chipits. Spread over base, bake at 350° for 30 minutes.

May be frozen Yield: 2½-3 doz. squares

CHAMPIONSHIP CHOCOLATE CHIP BARS

1½ cups unsifted flour
½ cup firmly packed brown sugar
½ cup cold margarine or butter
1 12-oz. pkg. chocolate chips (divided)
1 14-oz. can condensed milk
1 egg
1 tsp. vanilla
1 cup chopped nuts (pecans or walnuts)

Combine flour and sugar. Cut in margarine or butter until crumbly. Stir in ½ cup of chips. Press firmly into bottom of 13" x 9" pan and bake at 350° for 15 minutes. In the same bowl, combine condensed milk, egg and vanilla. Stir in remaining 1½ cups of chips, and nuts. Spread mixture evenly over base and bake at 350° for 20-25 minutes, or until light and golden brown. Cool and cut into squares.

Variation: Raisins may be substituted for nuts

May be frozen. Yield: 4 - 5 dozen

PEPPERMINT CHOCOLATE SWIRLS

Base:

1 cup (6 oz)) semi sweet chocolate chips
½ cup light cream
½ tsp. vanilla
2 cups graham cracker crumbs
½ cup sifted icing sugar
½ cup shopped nuts

Mint Frosting:

¼ cup margarine
2 cups sifted icing sugar
2 Tbsp. milk
1 tsp. peppermint flavouring

Glaze:

¼ cup chipits
1 Tbsp. milk

Combine chocolate chips (1st amount) and cream in double boiler. Melt until smooth. Remove from heat, add vanilla. Combine cracker crumbs, icing sugar and nuts in bowl. Add choloclate mixture and mix well. Press mixture into greased 9" square pan and chill. Spread mint frosting over chilled base and chill. Melt chipits and milk and drizzle. Glaze over icing. Chill before cutting.

May be frozen Yield: 3 dozen

APRICOT COCONUT SQUARES

Base

½ cup golden Crisco
⅔ cup white sugar
¼ cup unsweetened cocoa powder
1 egg
1¼ cups all-purpose flour

Topping

1 can Eagle Brand condensed milk
1⅓ cups flaked coconut
1 cup coarsley chopped almonds
1 cup diced dried apricots

Beat Crisco, sugar, cocoa and egg until smooth. Stir in flour and blend well. Press firmly into 13" x 9" pan and bake at 350° for 10 minutes. In a large bowl combine milk, coconut, almonds and apricots, mixing well. Spread evenly over prepared base, and bake at 350° for 20-25 minutes, or until lightly browned. Cool thoroughly before cutting. Store loosely covered at room temperature.

Note - If apricots are extremely dry, soak in boiling water for a few minutes. Drain well before combining.

May be frozen. Yield: 4 - 5 dozen

FRUIT BARS

Base:

½ cup butter or margarine
½ cup white sugar
1 tsp. grated orange rind.
2 Tbsp orange juice
¼ tsp. almond extract
1⅓ cups sifted flour
½ tsp. baking soda
¼ tsp. salt
1 egg
⅔ cup mixed glace fruit
½ cup chopped nuts

Beat butter (or margarine) with sugar. Add egg and continue beating. Add remaining ingredients leaving fruit and nuts to the last. Bake at 350 degrees for 25-30 minutes in 8" or 9" square pan. Frost if desired.

Orange Frosting: Optional

1½ cups icing sugar
2 Tbsp. butter
2 Tbsp orange juice

May be frozen Yield: 36 squares

TRIPLE LAYER SQUARES

1½ cups graham wafer crumbs
½ cup butter
1 cup flaked coconut
1 can sweetened condensed milk
1½-1¾ cups semi-sweet chocolate chips
½ cup creamy peanut butter

Melt butter in 13" x 9" pan. Sprinkle crumbs over butter, mix and press into pan. Top with coconut then condensed milk. Bake at 350° for 15 minutes or until golden brown. Melt chips with peanut butter over low heat in small saucepan. Spread over hot coconut layer. Cool, chill and cut into bars. Store at room temperature.

May be frozen Yield: 24 bars

TUTTI FRUTTI BARS

Base:

1 cup margarine (room temperature)
1 cup light brown sugar
2¼ cups all-purpose flour
½ tsp. cinnamon

Topping:

4 eggs
1½ cups light brown sugar
1 cup coconut
1 cup candied peel, mixed fruits, or raisins, cut fine
1 tsp. vanilla

Preheat oven to 350°. Cream margarine and sugar, add flour, cinnamon, mix well. Press ⅔ of mixture into 13" x 9" pan and mix ⅓ into 9" square pan. Bake for 18 minutes. Beat together all ingredients for topping. Spread over both bases evenly. Bake for 20-25 minutes until golden. These burn easily so watch. Cut into squares while warm.

May be frozen Yield: 7 dozen

SENATIONAL BROWNIES

1½ cups margarine - melted
3 cups white sugar
1 Tbsp. vanilla
5 eggs
2 cups all purpose flour
1 cup cocoa
1 tsp. baking powder
1 tsp. salt
12 - 2 inch peppermint patties, plus 4 - 1 inch to fill in

Grease a 13" x 9" x 2" pan. In a large bowl beat together melted margarine, sugar and vanilla. Add eggs, one at a time and stir until well blended stir in flour, cocoa, baking powder and salt, until well blended. Set aside two cups of the batter, and spread remaining into greased pan. Arrange the peppermint patties over the batter in a single layer, about ½ inch apart. Spread reserved batter over the top. Bake at 325 degrees for 50-55 minutes. Cool completely before cutting into squares.

Yield: 4-5 dozen squares

LEMON COCONUT SQUARES

Base:

½ cup butter (softened)
¼ cup unsifted icing sugar
1 cup unsifted flour

Topping:

2 eggs
½ cup white sugar
1 envelope (3 oz.) lemon pie filling
½ tsp. baking powder
1 cup chopped dates
1⅓ cups flaked coconut

Mix base ingredients, and press mixture into bottom of lightly greased 8" square pan. Bake at 350° for 18-20 minutes. Remove from oven. Beat eggs until thick. Gradually beat in sugar. Blend in pie filling and baking powder. Fold in chopped dates and coconut. Spread mixture over hot baked base. Bake at 350° for 25-30 minutes. Cool thoroughly, cut into squares.

Yield: 24-36 squares

CARAMEL WALNUT BARS

Base:

2 cups unsifted flour
¾ cup firmly packed light brown sugar
1 egg, beaten
½ cup cold margarine
¾ chopped walnuts

Topping:

24 caramels
1 14 oz sweetened condensed milk
¼ cup margarine

In large bowl combine flour, sugar and egg. Cut in ½ margarine until crumbly. Stir in walnuts. Reserve two cups of crumb mixture, press remainder into bottom of greased 13" x 9" pan. Bake 350 degrees for 15 minutes. Over low heat, melt caramels, condensed milk and ¼ cup maragrine. Pour over prepared crust. Top with reserved crumb mixture. Bake at 350 degrees until bubbly, approx. 20 min. Cool, cut into squares.

May be frozen

Yield: 24-36 bars

FROSTED CHIPIT SQUARES

Base:

7/8 cup flour
1 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. salt
3/4 cup semi-sweet chocolate chips
1/2 cup chopped pecans or walnuts
2 eggs beaten
3/4 cup white sugar
1/2 tsp. vanilla
3 Tbsp margarine - melted

Icing - Cream Coffee:

4 Tbsp. margarine
1 1/2 tsp. instant coffee
2 cups icing sugar sifted
2 Tbsp. scalded cream
3/4 tsp. vanilla

Sift together first 4 ingredients. Stir in nuts and chips. Beat together eggs, sugar, margarine and vanilla. Combine well with flour mixture. Bake in greased 8" x 8" pan at 350 degree oven for 25-30 minutes. Cool and frost if desired. But into squares

May be frozen Yield: 36 squares

NO BAKE PEANUT BUTTER SQUARES

A child's favourite

1 3/4 cups graham cracker crumbs
3/4 cup butter or margarine, melted
2 cups sifted icing sugar
1 cup peanut butter
2 cups chocolate chips

Combine first 4 ingredients, press into 13" x 9" pan. Melt chocolate chips in double boiler and spread over base. Chill overnight. Bring to room temperature before cutting.

May be frozen Yield: 4-5 dozen

CHOCOLATE PEANUT BUTTER SQUARES [M]

1 cup butter or margarine
1 cup crunchy peanut butter
2 cups graham cracker crumbs
2-2½ cups icing sugar
1 cup chocolate chips
2 Tbsp. shortening

In a 2 qt. microwave bowl, combine butter and peanut butter. Cook on High power for 1½ to 2 minutes. Add graham cracker crumbs and icing sugar until mixture stiffens. Press firmly into 13" x 9" dish. In small microwave bowl, combine chocolate chips and shortening. Cook on Medium power 2½ to 3 minutes until melted. Drizzle over square and spread carefully. Cool and cut into squares.

May be frozen Yield: 36 squares

COCONUT CREAM CAKE [M]

½ cup butter
¾ cup sugar
2 eggs
¾ cup flour
1 tsp. baking powder
½ tsp. baking soda
½ cup low fat yogurt
½ cup coconut
½ cup chopped nuts
1 tsp. vanilla

Cream together butter and sugar. Add eggs and mix. Combine dry ingredients and add to butter mixture, alternately with yogurt. Fold in coconut and nuts. Add vanilla and stir. Spread into a 9" square lightly greased microwave pan. Microwave on 50% power for 6 minutes and then High for 2 to 6 minutes or until done. Cake top will look moist when done, but cake will continue cooking during standing time which is approximately 5 to 10 minutes following microwaving. Frost with Cream Cheese Icing or topping of choice.

May be frozen Serves 8 -10

SWEET MARIE BARS [M]

½ cup corn syrup
½ cup white sugar
½ cup butter or margarine
¾ cup peanut butter
3¾ cups Cornflakes
1 cup Rice Krispies
chocolate icing

In an 8 cup measure, combine corn syrup, sugar and butter. Microwave on High for 2 to 3 minutes or until melted. Add the peanut butter and mix well. Add the Cornflakes and Rice Krispies and stir until well coated. Press into a buttered 8" x 8" dish and refrigerate. Ice with chocolate icing at least ¼" thick. (Page 250)

Yield: 3 dozen

MICROWAVE CREAM CHEESE ICING [M]

¼ cup butter
1 4-oz. pkg. cream cheese
2 cups icing sugar
1 tsp. vanilla

Place butter and cream cheese in microwave safe bowl. Microwave on high for 45 seconds. Add sugar and vanilla and blend well. Beat with beaters until very smooth. Cool before using.

Variations: Add ⅔-1 cup semi-sweet chocolate morsels for a chocolate cream frosting.

Yield: about 2 cups of frosting

Screen in Circle, 1969
Paul C. Wong (b. 1933)
acrylic on canvas, 140.3 cm x 140.3 cm
Gift of the Toronto Dominion Bank, 1993

Paul Wong was born in China and came to Canada in 1956. He has established his reputation as an artist based in Vancouver, British Columbia. In April 1965 he founded the Bau-xi Gallery. As director of the gallery he represented 45 artists by 1970.

Wong is best known for his work in painting and photography. Works like *Screen in Circle* are reflective of his interests in hard-edged abstraction and optical illusion. He was greatly inspired by the early 20th century painter, Piet Mondrian, the influence of whose grid series is easily seen in Wong's *Screen in Circle.*

Miscellaneous

Champagne Punch
Swiss Cheese Sandwich
Chocolate Toffee Nut Candy
White Chocolate Strawberries
Apricot-Raspberry Jam

MISCELLANEOUS

Apricot-Raspberry Jam 263
Barbecue Sauce *(Microwave)* 266
Blender Daiquiri 264
Candied Microwave Popcorn *(Microwave)* 265
Champagne Punch 264
Chocolate Fudge *(Microwave)* 265
Chocolate Fudge Sauce 262
Chocolate Toffee Nut Candy 263
Coney Island 258
English Toffee 262
Frozen Lemons and Limes 257
Fudge to Drool By! 261
Hunters' Sauce 256
Low Cal Crisp Crumbs 260
Mango Chutney 256
No Salt Seasoning 260
Orange Butter 259
Orange Cranberry Sauce *(Microwave)* 266
Parmesan Herb Butter 259
Peanut and Green Pepper Sandwich Filling 257
Pear Side Dish 259
Piperade 258
Pita Pizza 257
Puppy People Chow 261
Raspberry Sauce 264
Sea Breeze 264
Swiss Cheese Sandwich 257
Tomato Relish 255
Tomato Salsa 255
White Chocolate Strawberries 262

TOMATO SALSA

4 medium tomatoes, finely chopped
1 small can whole tomatoes, well drained and chopped
1 green pepper, seeded and finely chopped
1 onion, finely chopped
2 garlic cloves, minced
1 mild green chili, minced (optional)
1 Tbsp. minced cilantro (coriander)
¼ tsp. ground cumin
¼ tsp. cayenne pepper
½ tsp. salt
2 Tbsp. red wine vinegar
1 Tbsp. fresh lime juice

Combine all ingredients and refrigerate overnight or at least 2 hours. Will keep for 1 week.

Yield: 3 cups

TOMATO RELISH

3 lb. tomatoes (6 large)
½ lb. onions (1 large)
3 cloves garlic
2 Tbsp. salt
1 cup malt vinegar
1½ cups sugar
½ tsp. pepper
1 Tbsp. dry mustard
1 Tbsp. curry powder
1 Tbsp. cornstarch (if necessary)

Peel and chop tomatoes. Chop onions and garlic. Sprinkle with salt and let stand overnight (Important Step!). Next morning drain off liquid. Add vinegar and simmer 45 minutes. Add sugar, pepper, mustard and curry powder. Simmer 45 minutes uncovered. Thicken with cornstarch mixed with a little water if necessary. Pour into sterilized jars and seal immediately.

Yield: 4 8-oz. jars

MANGO CHUTNEY

3 mangos, peeled and cut into ½" strips
2 cups white vinegar
1 cup white sugar
1 cup firmly packed dark brown sugar
1 cup chopped onion
3 cloves garlic, minced
½ cup raisins
½ cup currants
1½ lbs. Golden Delicious apples, peeled and chopped

Spices:

½ tsp. pepper
1 tsp. salt
1 tsp. chili powder
1½ tsp. cinnamon
¼ tsp. ground cloves
1 tsp. allspice
1 tsp. mustard seed
2 Tbsp. grated ginger root

Mix together all of above in a 3 quart ceramic or glass bowl. Chill, covered, overnight or at least 8 hours. Transfer to a stainless steel kettle. Bring to a boil and simmer, stirring occasionally for 30 minutes or until thick and syrupy. Spoon into sterilized Mason jars, ¼" from top. Eliminate air bubbles, wipe rims and seal.

Yield: 5 pt. jars

HUNTERS' SAUCE

Lovely with ham, ham loaf or game

½ cup red currant jelly
¼ cup port wine or sherry
¼ cup ketchup
½ tsp. Worcestershire sauce
2 Tbsp. butter

Combine and warm until blended.

Yield: 1½ cups

PEANUT AND GREEN PEPPER SANDWICH FILLING

6 slices bread, brown is preferable
1 cup dry roasted peanuts
½ cup large green pepper, finely diced
2½-3 Tbsp. mayonnaise or whipped salad dressing

Crush peanuts (a rolling pin or food processor may be used). Add green pepper, mayonnaise and mix. Spread on bread.

Yield: 3 sandwiches

SWISS CHEESE SANDWICH

2 cups grated Swiss Cheese (large grate)
½ cup chopped green pepper
½ cup chopped tomato
½ cup sliced pimento olives
½ cup mayonnaise
salt and pepper to taste
buttered white bread

Combine first 6 ingredients. Spread between two slices of bread. Cut off crusts before serving.

Yield: 4-5 sandwiches

PITA PIZZA

Place a 6″ pita bread or a tortilla in a tinfoil pie plate. Cover bottom with spaghetti sauce. Add your choice of toppings: chopped green onion, sliced mushrooms, chopped green pepper, sliced pepperoni. Cover with grated mozzarella cheese. Bake at 350° for 15 minutes.

Serves 1

FROZEN LEMONS AND LIMES

Instead of placing your leftover lemon and lime slices or wedges in the refrigerator to shrivel up, freeze them on a cookie sheet. When frozen, place in a plastic bag and return to freezer, ready to use in a drink or as garnish. The same may be done with leftover green, red or yellow peppers. Cut into strips before placing in plastic bag.

CONEY ISLAND

To be served with hot dogs

½ lb. finely ground beef
½ cup finely chopped onion
1 8-oz. can tomato sauce (or spaghetti sauce)
½ cup water
2 tsp. chili powder
½ tsp. paprika
½ tsp. Worcestershire sauce
½ tsp. cayenne pepper
salt to taste
1½ tsp. flour, stirred into ¼ cup water
1 lb. hot dogs (8-10)
8-10 hot dog buns
Topping: coarsely chopped onions

In a medium frying pan, cook beef and onion until beef is lightly browned. Drain off excess fat. Add tomato sauce, water, chili powder, paprika, Worcestershire sauce, cayenne and salt. Simmer uncovered for 15 minutes, stirring. Just before sauce is done, stir in flour-water mixture and stir until sauce is thickened. Spoon over hot dogs in buns and sprinkle with onions.,

Serves 8-10

PIPERADE

Use hot or cold as a relish on eggs, fish or as a colourful addition to a dinner plate

1 medium onion, sliced
2 Tbsp. olive oil
1 medium green pepper, sliced
1 medium red pepper, sliced
1 large clove of garlic, puréed
salt and pepper
pinch of mixed herbs

Sauté onion slowly in frying pan with the oil. When tender add peppers and garlic. Toss with salt, pepper and herbs. Sauté uncovered for 2 or 3 minutes.

May be frozen

Yield: 1½ cups

PARMESAN HERB BUTTER

To serve with corn on the cob

1 cup butter, softened
¼ cup chopped fresh basil
¼ cup chopped fresh parsley
¼ cup grated Parmesan cheese
¼ tsp. pepper

In a bowl, blend all ingredients. Divide mixture on 2 sheets of waxed paper. Shape into 1" logs and freeze for 2 hours. Let soften for 20 minutes, cut into rounds and serve with hot corn on the cob.

Yield: 1¼ cups

ORANGE BUTTER

Delicious on muffins, sweet breads, etc.

2 oranges-limes or lemons may be used
6 sugar cubes
2 Tbsp. sugar
2 sticks of butter - 1 cup
¼ cup orange juice or 2 Tbsp. concentrate

Rub sugar cubes, one at a time, over the rind of the oranges to absorb oil. Remove zest from oranges and mash it along with sugar cubes and sugar. Beat in softened butter. Squeeze oranges to get ½ cup juice and beat in drop by drop. Transfer to a small serving dish.

Yield: 1 cup

PEAR SIDE DISH

Delicious and attractive with pork

canned pears
chutney

Place pear halves in flat baking dish. Pour enough juice from can to cover the bottom of the dish (about ¼"). Fill each centre with chutney, approx. 1 Tbsp. Bake at 350° uncovered for 20-25 minutes. (May be assembled ahead and then baked).

Variation: Peaches may be used instead of pears.

Yield: 1 per person

LOW CAL CRISP CRUMBS

All purpose homemade "Shake and Bake"

3 cups dry bread crumbs
⅓ cup vegetable oil
2 tsp. salt
2 tsp. paprika
1 tsp. celery salt
½ tsp. pepper
½ tsp. garlic powder

To make the bread crumbs, toast stale bread in oven and crumb in blender. Place crumbs in bowl, stir in spices and oil. Blend well. Store in jar in refrigerator. Use as needed.

This will coat 12 pieces of chicken or 20 pieces of fish. Place in shallow baking dish and bake until cooked, or microwave on high, for chicken 15 minutes, for fish 5 minutes.

Yield: 3 cups

NO SALT SEASONING

Delicious seasoning for just about everything

5 tsp. onion powder
1½ Tbsp. garlic powder
1 Tbsp. paprika
1 Tbsp. dry mustard
1 tsp. thyme
½ tsp. pepper (or lemon pepper)
½ tsp. celery seed
½ tsp. cayenne pepper

Stir all ingredients together and store in a jar.

FUDGE TO DROOL BY!

Gift wrap for little Christmas gifts.

2 cups semi-sweet chocolate bits
3 4-oz. bars German sweet chocolate, broken
1 7-oz. jar marshmallow cream
2 cups chopped walnuts or pecans
4½ cups sugar
pinch salt
2 Tbsp. butter
1 12-oz. can evaporated milk
2 tsp. vanilla

In a large bowl, combine chocolate bits, German chocolate pieces, marshmallow cream and nuts. Set aside.

In a large saucepan combine sugar, salt, butter and milk. Cook over medium heat until boiling, stirring constantly. Boil for 6 minutes, stirring frequently. Pour immediately over chocolate mixture. Add vanilla. Stir vigorously with a wooden spoon until chocolate is melted and mixture is creamy. Pour into buttered 13″ x 9″ pan. Let stand several hours at room temperature until hard. Cut into squares. Store in air-tight container.

Yield: 4½ lb.

PUPPY PEOPLE CHOW

A snack the children will love

¼-½ cup butter or margarine
8-12 oz. chocolate chips
½-1 cup peanut butter
1 12-oz. box of Crispix cereal
roasted peanuts, optional
2 cups powdered sugar

Melt butter with chocolate chips and peanut butter. Blend well and add cereal (and peanuts, if desired.) Stir to coat cereal, spread on a cookie sheet to dry. Put into a large plastic bag with sugar. Shake to lightly coat pieces. Store airtight.

Yield: a lot

ENGLISH TOFFEE

Soda crackers (approx. 35-40)
2 sticks of margarine (1 cup)
1 cup of brown sugar
1 6-oz. pkg. of sweet or semi-sweet chocolate chips
1 cup of chopped pecans

Preheat oven to 325°. Line a 14" x 9" cookie sheet with foil and grease generously. Cover with crackers placed as closely together as possible. Melt together the brown sugar and margarine, bring to a boil and cook 3 minutes. Pour this mixture over crackers and bake 15 minutes. Remove from oven and quickly spread chocolate chips over cracker base. When chocolate has melted, spread with pecans. Let cool, then place in refrigerator for at least an hour. When cool, break into bite-sized pieces. If the base has cooled too quickly for chocolate to melt, return pan to oven for a couple of minutes, but watch carefully.

Yield: 60 pieces

CHOCOLATE FUDGE SAUCE

½ lb. butter
12 oz. milk chocolate chips
14 oz. can sweetened condensed milk
1¾ cups light corn syrup

Melt chocolate chips and butter in top of double boiler over medium to high heat. Stir in condensed milk and corn syrup. Reduce heat to medium-low and cook uncovered without stirring for 30 minutes. Remove from heat and let cool for 15-20 minutes. Working in batches, place 1 cup of fudge sauce in blender on high speed for 1 minute. May be frozen in ½ pint jars for up to a year.

Yield: 1 quart

WHITE CHOCOLATE STRAWBERRIES

Lovely as a decoration and good to eat

Melt white chocolate in top of double boiler. When creamy, dip strawberries which have been washed and dried. Place on wax paper to set.

CHOCOLATE TOFFEE NUT CANDY

6 small or 2 large Hershey bars, broken into pieces
1 small pkg. slivered almonds
1 cup brown sugar
½ lb. butter

In a well buttered 9" pyrex dish, sprinkle half of chocolate bar pieces with half of chopped nuts. At low heat, boil brown sugar and butter together for approximately 12 minutes, stirring constantly. Pour over chocolate and nuts. Sprinkle remaining chocolate and nuts on top. Press down with a spatula. Refrigerate overnight.

Yield: 36 pieces 1½" square

APRICOT-RASPBERRY JAM

2 lb. apricots
1 pt. raspberries (2 cups)
6 cups sugar
¼ cup lemon juice
1 tsp. butter or margarine
1 envelope Certo liquid

Pit, chop and mash apricots. Crush raspberries. Put into a large pot and stir in sugar, lemon juice and butter. Bring to a boil, over high heat. Stir in Certo. Bring to a rolling boil. Stirring constantly, boil for 1 minute. Remove from heat. Stir and skim for 5 minutes. Pour into sterilized jars. Cover with paraffin if necessary.

Yield: 5-6 pints

RASPBERRY SAUCE

1 pkg. frozen raspberries, thawed
¼ cup orange juice
¼ cup sugar
1 Tbsp. cornstarch

Cook until thickened, strain out seeds and cool. Serve over ice-cream, cake etc.

Serves 8

SEA BREEZE

Very refreshing on a warm summer day

1½ oz. vodka or gin
pink grapefruit juice
soda
Garnish with grapefruit wedge or mint sprig, if desired

Fill a glass with ice, add vodka or gin. Add grapefruit juice until ¾ filled. Top with soda and stir.

Yield: 1 serving

CHAMPAGNE PUNCH

For that special occasion

6 oranges, sliced
1 cup sugar
2 bottles Mosel (white wine), chilled
3 bottles Champagne, chilled
strawberries

Place oranges in bottom of a punch bowl. Pour Mosel over oranges. Sprinkle with sugar and let soak for a while. Add champagne and float some strawberries on top.

Serves 25

BLENDER DAIQUIRI

1 6-oz. can frozen limeade
6 oz. light rum
crushed ice
lime slices

Pour limeade concentrate and rum into blender. Fill with crushed ice. Blend until smooth. Serve in a stemmed glass and garnish with a lime slice.

Serves 6

CANDIED MICROWAVE POPCORN [M]

10 cups popcorn (2 microwave packages)
½ cup sugar
½ cup packed brown sugar
¼ cup honey
1 cup peanuts
1 cup raisins (optional)

Pop popcorn. Remove unopened kernels. Place popcorn in a greased 17" x 12" x 2" pan. Place in 300° oven to keep warm. In a saucepan combine sugar and honey. Bring to a boil, and boil, stirring for 8-10 minutes. Pour over popcorn. Bake in 300° oven for 10 minutes. Add peanuts, stir well to coat peanuts and popcorn. Bake 5 more minutes and cool. Break up into bite-size pieces and store in a container.

Yield: 11 cups

CHOCOLATE FUDGE [M]

Cooks in 2 minutes

1 lb. icing sugar
½ cup cocoa
¼ tsp. salt
¼ cup evaporated milk
1 Tbsp. vanilla
½ cup butter or margarine
1 cup chopped nuts

In a 1½ qt. microwave dish, stir together the first five ingredients until well blended. Then top with the butter or margarine. Microwave on High for 2 minutes (the butter will melt into the sugar mixture). Stir until smooth. Blend in the chopped nuts. Pour into wax paper lined 8" square dish. Chill.

Yield: 64-1 inch pieces

BARBECUE SAUCE [M]

1 cup perked coffee
⅓ cup brown sugar
1 cup ketchup
⅛ cup white vinegar
¼ cup Worcestershire sauce
1½ Tbsp. cornstarch

Mix all ingredients except cornstarch in a large microwaveable dish. Microwave on High power, uncovered 4 minutes. (Stir halfway through cooking.) After cooking add the cornstarch, blend well. Microwave another 30 seconds on High power or until thickened.

Yield: 2½ cups

ORANGE CRANBERRY SAUCE [M]

Excellent with chicken, ham or on vanilla ice cream

4 cups fresh or frozen cranberries
1 cup granulated sugar
finely grated peel of one orange
¼ cup orange juice

Stir all ingredients together in an 8 cup glass measuring cup. Cover with waxed paper. Microwave at High power for 3 minutes. Stir. Microwave at High power for 5 to 6 minutes more or until a few berries have popped. Cover and refrigerate. To make half the quantity, divide recipe in half and cut each microwaving time in half.

Yield: 1 pint

Metric Conversion

COOKING TEMPERATURES

F	C
212	100 (Water boils)
250	120
275	140
300	150 (Slow oven)
325	160 (Roasting pan)
350	180
375	190
400	200 (Hot oven)
425	220 (Baking pastry)
450	230
475	240
500	260
525	270
550	290

Note: When using ovenproof glassware, reduce oven temperature by 25°F (10°C)

IMPERIAL TO METRIC WEIGHTS

Ounces Pounds	Grams Kilograms
1 oz.	30 g
¼ lb	100 g
⅓ lb	150 g
½ lb	250 g
¾ lb	350 g
1 lb	500 g
1¼ lb	600 g
1½ lb	700 g
1¾ lb	800 g
2 lb	900 g

LIQUID AND DRY MEASURES

Small Liquid and Dry Measures	
¼ teaspoon	1 mL
½ teaspoon	2 mL
1 teaspoon	5 mL
1 tablespoon	15 mL
1 coffee measure	25 mL

Liquid Measure	
1 fl oz	30 mL
2 fl oz	60 mL
3 fl oz	100 mL
4 fl oz	125 mL
6 fl oz	200 mL
8 fl oz	250 mL

Dry Measure	
¼ cup	50 mL
½ cup	125 mL
1 cup	250 mL
2 cups	500 mL

Equivalents given for metric are approximate.

Microwave Wattage

600 to 700 watts	500 to 600 watts	400 to 500 watts
15 seconds	18 seconds	20 seconds
30 seconds	35 seconds	45 seconds
45 seconds	55 seconds	1 minute
1 minute	1 min. 15 sec.	1 min. 30 sec.
2 minute	2 min 30 sec.	2 min. 50 sec.
3 minute	3 min. 30 sec.	4 min. 15 sec.
4 minute	4 min. 50 sec.	5 min. 45 sec
5 minute	6 minutes	7 minutes
6 minute	7 min. 15 sec.	8 min. 30 sec
7 minute	8 min. 30 sec.	9 min. 50 sec
8 minute	9 min. 30 sec.	11 min. 15 sec.
9 minute	10 min. 50 sec.	12 min. 30 sec.
10 minute	12 minutes	14 minutes

The wattage rating for your microwave is generally on the back of the oven

INDEX

A

A Special Winter Potato Casserole 165
An Autumn Vegetable Casserole 153
Angel Hair Pasta Parmesan 89
Antipasto "Presto" 13
APPETIZERS 3-27
Apples
  Apple Coffee Cake 178
  Apple Oatmeal Crunch 198
  Baked Apples in Ginger Custard 197
  Curried Apple Pork Chops 125
  English Apple Sponge Pudding 214
  Pecan Apple Cake 222
  Pork Roast with Apple-Prune Stuffing 121
Apricot
  Apricot Bavarian Cream 195
  Apricot Coconut Squares 241
  Apricot Quiche 78
  Apricot-Raspberry Jam 263
Arnold's Bread 175
Asparagus
  Asparagus Pie 82
  Asparagus Salad 53
  Asparagus Salad Mold 64
  Ham Asparagus Casserole 109
Avocado and Grapefruit Salad 57
Avocado Spread 9

B

Baked Apples in Gingered Custard 197
Baked Carrots and Parsnips 158
Baked Fish in Madeira Saffron Sauce 130
Baked Halibut with Olives and Mushrooms 131
Baked Salmon Fillet 127
Baked Stuffed Peaches 196
Banana
  Banana Breakfast Loaf 186
  Bananas in Foil 196
  Banana Orange Surprise 200
  Banana Satin Fruit Topping 220
  Banana-Orange French Toast 78
  P.B. and B. Bread 184
Barbecue Sauce *(Microwave)* 266
Barbecue Sauce 139
Bean Medley 62
Bechemal Sauce *(Microwave)* 168
Beef
  Beef and Rice Casserole with Crisp Topping 103

Beef Wellington with Mushroom Pâté 119
Caesar's Feast Hamburger 120
Cheesy Stuffed Pasta Shells 88
Chili Beef Soup 38
Coney Island 258
Glaze for Corned Beef 141
Grand Style Ground Beef Casserole 105
Italian Minestrone 33
Meatloaf Supreme 120
Mexican Chile 107
Neapolitan Casserole 101
Overnight Six Layer Casserole 112
Pakistani Kima 102
Quick Beef Stroganoff 121
Sausage and Beef Chili 104
Sherried Beef 119
Spicy Orange Beef *(Microwave)* 145
Taglarinie 101
Bittersweets 227
Black Magic Pie 208
Blender Cucumber Soup 39
Blender Daiquiri 264
BREADS, MUFFINS AND COFFEE CAKES 171-189
Breads
Arnold's Bread 175
Bruschetta 15
California Croustade 14
Cheddar Cheese Bread 175
Goat Cheese Bruschetta 15
Herb Bread Sticks 177
Microwave Boston Brown Bread *(Microwave)* 181
Pizza Quick Bread 176
Southern Corn Bread 176
Breads - Sweet
Banana Breakfast Loaf 186
Bread Pudding New Orleans 213
Cranberry Poppyseed Loaf 184
Hawaiian Loaf 188
Merry Cherry Fruit Loaf 187
PB & B Bread 184
Tropical Fruit Bread 185
Broccoli
An Autumn Vegetable Casserole 153
Broccoli Cauliflower Soup 34
Broccoli Salad 51
Broccoli Soup 34
Chicken Broccoli Bundles 144
Vegetable Pie 156
Vegetable Plenty with Bechamel Sauce *(Microwave)* . 168
Winter Vegetable Parmesan 153

Bruschetta 15

C

Caesar's Feast Hamburger 120
Cake Mix Cookies 230
Cakes
Chocolate-Zucchini Cake 236
Christmas Carol Fruit Cake 233
Coconut Cream Cake *(Microwave)* 249
Coffee Crunch Cake 238
Heavenly Angel Food Cake 199
Mocha Chiffon Cake 235
No Egg Carrot Cake 237
Pecan Apple Cake 222
Raw Apple Cake 234
Victoria Sponge Cake 237
California Crustades 14
California Fettuccini 90
Candied Microwave Popcorn *(Microwave)* 265
Caramel Crumble Apple Pie 212
Caramel Walnut Bars 247
Cardinal Chicken Salad 49
Carrots
An Autumn Vegetable Casserole 153
Baked Carrots and Parsnips 158
Carrot Salad 51
Carrot Soup 36
Carrot and Ginger Soup 37
Carrots Elegante 157
Chilled Curried Carrot Soup 35
Creamed Onions and Carrots 157
Creamy Carrot Casserole 159
No Egg Carrot Cake 237
Parsnip and Carrot Soup 36
Sautéed Zucchini and Carrots 159
Snow Peas and Carrots 157
Sweet and Sour Glazed Carrots 156
Vegetable Plenty with Bechamel Sauce *(Microwave)* 168
CASSEROLES 95-113
Champagne Punch 264
Championship Chocolate Chip Bars 242
Cheese
Cheddar Cheese Bread 175
Cheese and Olive Appetizer 19
Cheese Bacon Canapé 18
Cheese Boreg 18
Cheese Puff 84
Cheese Puffs 14
Cheese Salsa Squares 20
Cheesy Mushrooms 22

Cheesy Stuffed Pasta Shells 88
Chèvre Spread 9
Creamy Blue Cheese Dressing 69
Danish Cheese Tart 86
Goat Cheese Bruschetta 15
Herbed Cheese 10
Holiday Cream Cheese Torte 11
Mary Vickers' Cheese Spread 13
Olive Cheese Canapé 15
Pine Cone Cheese Spread 10
Quick Ham, Cheese and Eggs 17
Roquefort Ring 12
Spinach Cheese Squares 19
Swiss Cheese Sandwich 257
Tomato Cheese Pie 85
Triple Cheese Pie with Chunky Sauce 83
Chelsea Bun Ring *(Microwave)* 189
Cherry Tomato Bites 22
Chèvre Spread 9
Chewy Squares 239
Chicken
Cardinal Chicken Salad 49
Chicken and Mushroom Crêpes *(Microwave)* 113
Chicken Breast Venezia 141
Chicken Broccoli Bundles *(Microwave)* 144
Chicken Cacciatore 99
Chicken Italiano 140
Chicken Supreme 99
Chicken Wellington 137
Chicken, Watercress and Vegetable Terrine 135
Coconut Chicken Strips 23
Creamy Ham and Chicken Casserole 98
Curried Chicken Casserole 98
Jamaican Curry Chicken 23
My Favourite Chicken Salad 49
Orange Chicken Pueblo 136
Orange Glazed Chicken with Pecan Pilaf 97
Orange Marinated Chicken Breasts 140
Oriental Chicken and Cashews 138
Shelley's Chicken with Sun-Dried Tomatoes 138
Stuffed Chicken Rolls 136
Chili Beef Soup 38
Chili Con Queso Dip *(Microwave)* 6
Chilled Curried Carrot Soup 35
Chinese Rice Casserole *(Microwave)* 112
Chocolate
Bittersweets 227
Black Magic Pie 208
Championship Chocolate Chip Bars 242
Chocolate Angel Dessert 201

Chocolate Bombe 201
Chocolate Dream Cheese Cake 217
Chocolate Fudge *(Microwave)* 265
Chocolate Orange Cheesecake 215
Chocolate Peanut Butter Squares *(Microwave)* 249
Chocolate Toffee Nut Candy 263
Chocolate Zucchini Cake 236
Fabulous White Chocolate Cheesecake with Raspberry Sauce 216
Fudge to Drool By! 261
Mocha Chiffon Cake 235
Peppermint Chocolate Swirls 243
Pistachio White Chocolate Cookies 229
Pumpkin Chocolate Chip Cookies 232
Rum Chocolate Mousse 195
S'Mores 238
Spider Cookies 250
Sweet Marie Bars 250
White Chocolate Strawberries 262
Christmas Carol Fruit Cake 233
Classic Fettuccini Alfredo 91
Cocktail Dip
Antipasto "Presto" 13
Chili Con Queso Dip *(Microwave)* 6
Curry Dip 5
Dilled Cucumber and Salmon Dip 8
Ginger Fruit Dip 5
Herbed Mayonnaise Dip 8
Hot and Spicy Taco Dip 6
Hot Artichoke Dip 5
Marlaine's Crab Dip 7
Tomato Salsa 255
Tzatzika Dip 7
Cocktail Spreads
Avocado Spread 9
Chèvre Spread 9
Curried Cheese Spread 10
Pine Cone Cheese Spread 10
Shrimp Spread 9
Coconut Chicken Strips 23
Coconut Cream Cake *(Microwave)* 249
Coffee Cakes
Chelsea Bun Ring *(Microwave)* 189
Coffee Crunch Cake 238
Russian All-Butter Coffee Cake 179
Colcannon 164
Cold Cucumber Saipur 42
Coney Island 258
COOKIES, CAKES AND SQUARES 225-251

Cookies
Bittersweets 227
Cake Mix Cookies 230
Chocolate Peanut Butter Squares *(Microwave)* 249
Cranberry Orange Drops 227
Fruit and Nut Refrigerator Cookies 228
Ginger Cookies 230
Hazelnut Biscotti 231
Lavash 231
Mincemeat Cookies 228
Orange Meltaways 232
Pistachio Meringues 229
Pistachio White Chocolate Chip Cookies 229
Pumpkin Chocolate Chip Cookies 232
S'Mores 238
Spider Cookies *(Microwave)* 250
Corn Chowder 37
Cottage Noodle Bake 80
Court Bouillon 134
Crab
Crab Casserole Superb 110
Crab Louis 60
Crab Mousse 11
Crab Stuffed Chicken Breasts 139
Crab Stuffed Shrimp à la Anne 133
Curried Crab Devine 110
Fabulous Fried Soft Shelled Crab 133
Marlaine's Crab Dip 7
Newfoundland Crab Cakes 27
Seafood Casserole 111
Cranberry Orange Drops 227
Cranberry Poppyseed Loaf 184
Cream of Almond Soup 43
Creamed Onions and Carrots 157
Creamy Blue Cheese Dressing 69
Creamy Carrot Casserole 159
Creamy Garlic Dressing 70
Creamy Ham and Chicken 98
Creamy Molded Salad 68
Creamy Onion and Potato Soup 38
Crescent Roll Vegetable Appetizer 17
Crescent Roll Zucchini Quiche 82
Crunchy Appetizer Balls 24
Currant Orange Glaze 144
Curried Apple Pork Chops 125
Curried Cheese Spread 10
Curried Chicken Casserole 98
Curried Crab Divine 110
Curry Dip 5

D

Danish Cheese Tart 86
DESSERTS. 193- 222
Devils On Horseback. 22
Diablotins D'Épicures 14
Dilled Cucumber and Salmon Dip. 8
Dream Bars 242
Dressings - Salad
  Creamy Blue Cheese Dressing 69
  Creamy Garlic Dressing. 70
  Fruit Salad Dressing 56
  Romaine Salad Dressing 71
  Rose and Thistle House Dressing. 71
  Salad Dressing 71
  Thousand Island Dressing. 70
Drumstick 219

E

Easy Delicious Tortellini 80
Easy Tomato Aspic 66
EGG, CHEESE AND PASTA. 75-92
Eggs
  Egg Foo Yung 81
  Egg Soufflé Salad. 65
  Make-Ahead Eggs Benedict 77
  Woodchuck 77
Eggplant Casserole 152

English Apple Sponge Pudding 214
English Toffee. 262

F

Fabulous Fried Soft Shelled Crab 133
Fabulous White Chocolate Cheesecake
  with Raspberry Sauce 216
Fish
  Baked Fish in Madeira Saffron Sauce 130
  Baked Halibut with Olives and Mushrooms 131
  Baked Salmon Fillet. 127
  Fish Pie 108
  Herb Broiled Salmon 127
  Lemon-Orange Snapper Amandine. 131
  Party Poached Salmon with Lime Butter Sauce 128
  Salmon and Potato Strata 79
  Salmon and Shells Casserole. 108
  Salmon Cannelloni 87
  Salmon Chowder 41
  Salmon or Tuna Casserole. 107
  Salmon Tortilla Rolls 21
  Scottish Chowder 42

Sole Amandine 129
Sole Launay 129
FOREWORD i
Four Seasons Strawberry Muffins 182
Frangipan Tarts (or Franzipan) 214
French Canadian Pea Soup 35
Fresh Strawberry Pie *(Microwave)* 221
Fresh Tomato Baked Dish 160
Fried Wontons 25
Frosted Chipit Squares 248
Frosted Date and Nut Squares 240
Frozen Lemons and Limes 257
Fruit and Nut Refrigerator Cookies 228
Fruit Bars 245
Fruit Salad Dressing 56
Fruited Phylo Nests 218
Fudge to Drool By! 261

G

Gandy-Dancer Salad 55
Georgia Baked Squash 155
Ginger Cookies 230
Gingered Orange Salad 67
Glaze for Corned Beef 141
Goat Cheese Bruschetta 15
Golden Cornmeal Muffins 182
Gourmet Onions 151
Grand Style Ground Beef Casserole 105
Greek Pasta Salad with Mint Dressing 55
Green Bean Medley 163
Green Vegetable Salad 54

H

Ham Asparagus Casserole 109
Ham Roll Ups 17
Harvest Vegetable Supreme 152
Hawaiian Loaf 188
Hazelnut Biscotti 231
Heavenly Angel Food Cake 199
Herb Bread Sticks 177
Herb Broiled Salmon 127
Herb Mayonnaise Dip 8
Herbed Cheese 10
Herbed Tomatoes 59
Holiday Cream Cheese Torte 11
Honey Orange Marinade 143
Hot Artichoke Dip 5
Hot or Spicy Taco Dip 6
Hummus 7
Hunters' Sauce 256

I

INDEX 269
Individual Baked Alaska 203
Innes' Salad Dressing 69
INTRODUCTION ii
Italian Minestrone 33
Italian Style Cauliflower *(Microwave)* 167
Italian Zucchini and Tomatoes *(Microwave)* 167

J

Jamaican Curry Chicken 23

L

Lamb
  Leg of Lamb Dijon 124
  Rack of Lamb I-II 122
Lavash 231
Layered Fruit Slaw 60
Layered Mediterranean Pie 85
Leg of Lamb Dijon 124
Lemon Cheese Pie 209
Lemon Coconut Squares 247
Lemon-Orange Snapper Amandine 131
Lemon Soufflé Pie 210
Lemon Soup 39
Lemony Veal Scallopini 124
Linguini Noodle Casserole 92
Linguini with Clam Sauce 91
Linguini with Pesto 92
Lo Cal Crisp Crumbs 260
Low Calorie Cheesecake 216

M

Make-Ahead Eggs Benedict 77
Mango Chutney 256
Mardi-Gras Slaw 59
Marinated Fiddleheads 27
Marlaine's Crab Dip 7
"Mary Vicker's" Cheese Bread 13
Mashed Turnips 154
Mayonnaise Tea Biscuits 180
MEAT, FISH AND POULTRY 117- 146
Meatloaf Supreme 120
Merry Cherry Fruit Loaf 187
METRIC EQUIVALENT 268
Mexican Chili 107
Microwave Boston Brown Bread *(Microwave)* 189
Microwave Cream Cheese Icing *(Microwave)* 250
Microwave Fries *(Microwave)* 166
Microwave Rice Pudding *(Microwave)* 221

Mile High Strawberry Pie. 207
Mincemeat Cookies. 228
Mini Potato Pancakes 24
MISCELLANEOUS. 253-266
Mixed Vegetable Rice Salad. 52
Mocha Chiffon Cake 235
Molded Beet Salad 65
Molded Gazpacho Salad with Avocado Cream 66
Muesli Bran Muffins 183
Muffins
  Four Seasons Strawberry Muffins 182
  Golden Cornmeal Muffins 182
  Muesli Bran Muffins 183
  Ritz-Carlton Bran Muffins 183
  "Wicked Good" Wild Blueberry Muffins 181
Mushrooms
  Cheesy Mushrooms 22
  Mushroom Pâté 119
  Mushroom Sauce *(Microwave)* 146
  Sherry Mushroom and Leek Sauce. 143
Mussels Marinara 134
My Favourite Chicken Salad 49

N

Neapolitan Casserole 101
Newfoundland Crab Cakes 27
No Bake Peanut Butter Squares 248
No Egg Carrot Cake 237
No Salt Seasoning. 260
Nutty Grilled Stuffed Pork Tenderloin 126

O

Oatcakes 25
Olive Cheese Canapé 15
Orange Butter. 259
Orange Chicken Pueblo. 136
Orange Cranberry Sauce *(Microwave)* 266
Orange Glazed Chicken with Pecan Pilaf 97
Orange Marinated Chicken Breast 140
Orange Marmalade Pound Cake 234
Orange Meltaways 232
Orange Pecan Pie 205
Orange Petal Pumpkin Pie. 211
ORDER FORMS 287
Oriental Chicken and Cashews 138
Oriental Salad #1 62
Oriental Salad #2 63
Overnight Six Layer Casserole. 112
Oven Rise Method for Yeast Breads and Rolls 173

P

Pakistani Kima 102
Paprika Potatoes *(Microwave)* 166
Parmesan Herb Butter 259
Parsnip and Carrot Soup 36
Party Ice Cream 204
Party Poached Salmon with Lime Butter Sauce 128
Party Pork Tenderloin 126
PASTA
- Angel Hair Pasta Parmesan 89
- California Fettucini 90
- Cheesy Stuffed Pasta Shells 88
- Classic Fettucini Alfredo 91
- Cottage Noodle Bake 80
- Easy Delicious Tortellini 80
- Greek Pasta Salad with Mint Dressing 55
- Linguini with Clam Sauce 91
- Linguini Noodle Casserole 92
- Linguini with Pesto 92
- Rotini with Red Onions 86
- Salmon Cannelloni 87
- Spaghetti with Clams and Tomatoes 89
- Spaghetti with Shrimp, Scallops and Red Peppers . . 90

Pat-in Pastry 212
Pavlova Melbourne 203
P. B. & B. Bread 184
Peanut Butter Bars 240
Peanut and Green Pepper Sandwich Filling 257
Pears in Wine 198
Pear Side Dish 259
Pecan Apple Cake 222
Pepper and Olive Salad 50
Peppermint Chocolate Swirls 243
PIES
- Black Magic Pie 208
- Caramel Crumble Apple Pie 212
- Fresh Strawberry Pie *(Microwave)* 221
- Lemon Cheese Pie 209
- Lemon Soufflé Pie 210
- Mile High Strawberry Pie 207
- Orange Pecan Pie 205
- Orange Petal Pumpkin Pie 211
- Raspberry Velvet Pie 207
- Rum Cream Pie 209
- Sour Cream Peach Pie 205
- Strawberry Rhubarb Pie with Custard Sauce 206

Pineapple-Cranberry Jello Salad 67
Pine Cone Cheese Spread 10
Pink and Green Summer Salad 64

Piperade 258
Pistachio Meringues 229
Pistachio White Chocolate Chip Cookies 229
Pita Pizza 257
Pizza Quick Bread 176
Pork
  Curried Apple Pork Chops 125
  Nutty Grilled Stuffed Pork Tenderloin 126
  Party Pork Tenderloin 126
  Pork Chops Aux Champignons 125
  Pork Roast with Apple Prune Stuffing 121
  Pork with Sauerkraut *(Microwave)* 145
Potatoes
  A Special Winter Potato Casserole 165
  Colcannon 164
  Creamy Onion and Potato Soup 38
  Microwave Fries *(Microwave)* 166
  Mini Potato Pancakes 24
  Paprika Potatoes *(Microwave)* 166
  Potato Casserole 163
  Sliced Baked Potatoes 164
  Spicy Potatoes 165
  Vichyssoise 40
  Warm German Caesar Potato Salad *(Microwave)* . . . 72
Pumpkin Chocolate Chip Cookies 232
Pumpkin Pie Squares 241
Puppy People Chow 261

Q

Quiche
  Apricot Quiche 78
  Crescent Roll Zucchini Quiche 82
Quick Beef Stroganoff 121
Quick Ham, Cheese and Eggs 79

R

Rack of Lamb #1 Rosemary/Mustard Rack of Lamb . . 122
Rack of Lamb #2 Southern Honey/Mustard/Pecan
  Rack of Lamb 122
Raspberry Sauce 264
Raspberry Velvet Pie 207
Raw Apple Cake 234
Red Cabbage Salad 58
Refrigerator Angel Biscuits 173
Rice
  Beef and Rice Casserole with Crisp Topping 103
  Chinese Rice Casserole *(Microwave)* 112
  Microwave Rice Pudding *(Microwave)* 221
  Mixed Vegetable Rice Salad 52
  Wild Rice Casserole 162

Rich Dinner Rolls 174
Ricotta Fruit Topping 220
Ritz-Carlton Bran Muffins 183
Romaine Lettuce with Hot Orange Dressing 72
Romaine Salad Dressing 71
Romaine with Oranges and Pecans 56
Roquefort Ring 12
Rose and Thistle House Dressing 71
Rotini with Red Onions 86
Rum Chocolate Mousse 195
Rum Cream Pie 209
Russian All-Butter Coffee Cake 179

S

SALAD AND SALAD DRESSING 47-72
Salad Dressing 71
Salad with Warm Green Beans and Walnuts 53
Salmon Cannelloni 87
Salmon Chowder 41
Salmon and Potato Strata 79
Salmon or Tuna Casserole 107
Salmon and Shells Casserole 108
Salmon Tortilla Rolls 21
Sauce-Dessert
  Raspberry Sauce 264
  Sauce for Crêpes 220
Sauce-Miscellaneous
  Barbecue Sauce 139
  Barbecue Sauce *(Microwave)* 266
  Bechemal Sauce *(Microwave)* 168
  Chocolate Fudge Sauce 262
  Currant Orange Glaze 144
  Glaze for Corned Beef 141
  Honey Orange Marinade 143
  Hunters' Sauce 256
  Mushroom Sauce *(Microwave)* 146
  Orange Cranberry Sauce *(Microwave)* 266
  Sauce for Broiled Fish 142
  Sherry Mushroom and Leek Cream Sauce 143
  White Wine Cream Sauce 142
Sausage Bean Bake 105
Sausage and Beef Chili 104
Sautéed Zucchini and Carrots 159
Scottish Chowder 42
Sea Breeze 264
Seafood Casserole 111
Sensational Brownies 246
Shelley's Chicken with Sun-Dried Tomatoes 138
Shellfish
  Crab Casserole Superb 110

Crab Louis 60
Crab Mousse 11
Crab Stuffed Chicken Breasts 139
Crab Stuffed Shrimp à la Anne 133
Curried Crab Devine 110
Fabulous Fried Soft Shelled Crab. 133
Marlaine's Crab Dip 7
Mussels Marinara 134
Newfoundland Crab Cakes. 27
Seafood Casserole 111
Shrimp and Scallops with Wine and Cream 132
Shrimp Louis Salad 61
Shrimp Mousse 68
Shrimp Spread 9
Shrimp Tomato Bisque 39
Spaghetti with Shrimp, Scallops & Red Peppers. . . . 90
Sherried Beef 119
Sherry Mushroom and Leek Cream Sauce. 143
Shrimp Louis Salad 61
Shrimp Mousse. 68
Shrimp and Scallops with Wine and Cream. 132
Shrimp Spread 9
Shrimp Tomato Bisque 39
Sliced Baked Potatoes 164
S'Mores. 238
Snow Peas and Carrots 157
Snow Pea and Red Pepper Salad 50
Sole Amandine 129
Sole Launay 129
SOUPS 31-43
Sour Cream Peach Pie. 205
Southern Corn Bread 176
Spaghetti with Clams and Tomatoes 89
Spaghetti with Shrimp, Scallops & Red Pepper 90
Sparkling Squash 154
Spicy Orange Beef *(Microwave)* 145
Spicy Potatoes 165
Spider Cookies *(Microwave)*. 250
Spinach
Spinach and Mushrooms in Brandy Cheese Sauce. . 84
Spinach Cheese Squares 19
Spinach and Salmon Divan 109
Spinach in Sherry or Madeira 161
Spinach Casserole 161
Strawberry Almond Spinach Salad. 58
Tomatoes Stuffed with Spinach 160
Squares
Apricot Coconut Squares 241
Caramel Walnut Bars 247
Championship Chocolate Chip Bars. 242

Chewy Squares 239
Chocolate Peanut Butter Squares *(Microwave)* 249
Dream Bars 242
Frosted Chipit Squares 248
Frosted Date and Nut Squares 240
Fruit Bars 245
Lemon Coconut Squares 247
No Bake Peanut Butter Squares 248
Peanut Butter Bars 240
Peppermint Chocolate Swirls 243
Pumpkin Pie Squares 241
Sensational Brownies 246
Sweet Marie Bars *(Microwave)* 250
Toffee Raisin Bars 239
Triple Layer Squares 245
Tutti-Frutti Bars 246
Strawberry
Four Seasons Strawberry Muffins 182
Fresh Strawberry Pie *(Microwave)* 221
Mile High Strawberry Pie 207
Strawberry Almond Spinach Salad 58
Strawberry Ambrosia Dessert 202
Strawberry Cheesecake Trifle 218
Strawberry Rhubarb Pie with Custard Sauce 206
White Chocolate Strawberries 262
Stuffed Acorn Squash 155
Stuffed Chicken Rolls 136
Stuffed Lettuce 57
Stuffed Vine Leaves (Dolmadakia) 26
Sweet Marie Bars *(Microwave)* 250
Sweet and Sour Beets 159
Sweet and Sour Glazed Carrots 156
Swiss Cheese Sandwich 257

T

TABLE OF CONTENTS iii
Taglarinie 101
Tapenade 12
Thousand Island Dressing 70
Tiny Pita Pockets 20
Tiramisu 204
Toffee Raisin Bars 239

Tomato
Cherry Tomato Bites 22
Easy Tomato Aspic 66
Fresh Tomato Baked Dish 160
Herbed Tomatoes 59
Italian Zucchini and Tomatoes 167
Shelley's Chicken with Sun-Dried Tomatoes 138

Shrimp Tomato Bisque 39
Spaghetti with Clams and Tomatoes 89
Tomato Bean Soup 33
Tomato Cheese Pie 85
Tomato Relish 255
Tomato Salsa 255
Tomato-Cucumber Medley 54
Tomatoes Stuffed with Spinach 160
Triple Cheese Pie with Chunky Sauce 83
Triple Layer Squares 245
Tropical Fruit Bread 185
Turkey Pie 100
Tutti Frutti Bars 246
Tzatziki Dip 7

U

Upside Down Herb Biscuits 177
Vanilla Smoothy Dessert 200

V

Veal
Lemony Veal Scallopini 124
Veal Casserole 106
Veal Loaf with Mushroom Sauce *(Microwave)* 146
Vitello Alla Parmigiana 123
VEGETABLES 149-168
Vegetable Kebabs 151
Vegetable Pie 156
Vegetable Plenty with Bechamel Sauce *(Microwave)* 168
Vegetable Stuffed Peppers 158
Vichyssoise 40
Victoria Sponge Cake 237
Vitello Alla Parmigiana 123

W

Warm German Caesar Potato Salad *(Microwave)* 72
Watercress Soup 41
White Chocolate Strawberries 262
White Cloud 199
White Gazpacho 40
White Wine Cream Sauce 142
"Wicked Good" Wild Blueberry Muffins 181
Wild Rice Casserole 162
Winter Vegetable Parmesan 153
Wonderful Greek Appetizer 16
Woodchuck 77

Z

Zucchini
Chocolate-Zucchini Cake 236

Crescent Roll Zucchini Quiche 82
Italian Zucchini and Tomatoes 167
Sautéed Zucchini and Carrots 159
Zucchini Casserole 162
Zucchini Pizzas 21

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